

**DEADLY WEAPONS: Firearms, Firepower**

**AMERICAN**

**SURVIVAL**

**THE MAGAZINE FOR SAFER LIVING**

MARCH 1986 VOL. 8 NO. 3

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**GUIDE**

**LIVE FREE:**

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**SPRINGFIELD**



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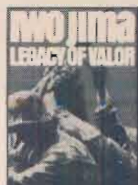
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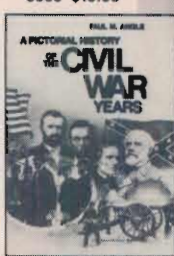




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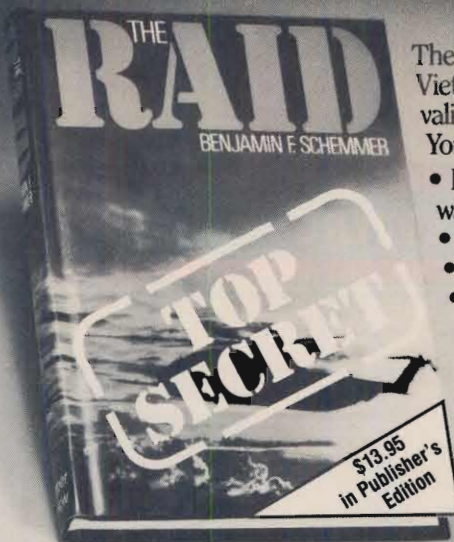


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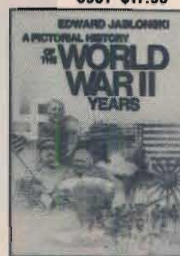
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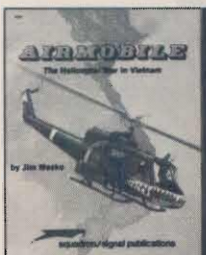
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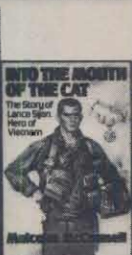
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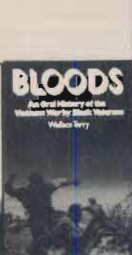
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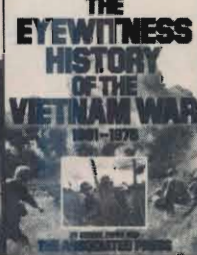
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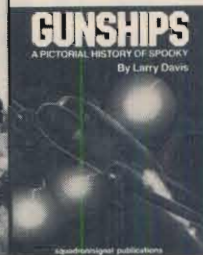
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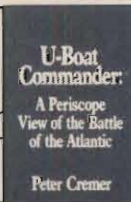
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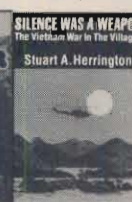
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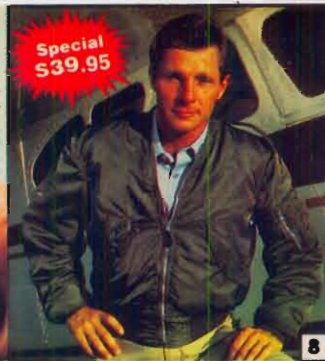


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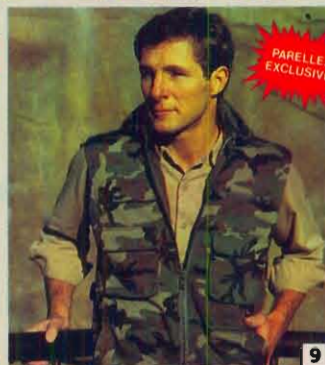
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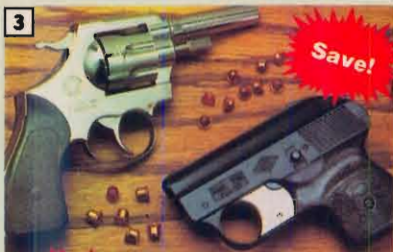


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THE MAGAZINE FOR SAFER LIVING



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### COVER:

Rock climbing and other mountaineering skills have been part of Live Free's training programs. After 25 years, Live Free with more than 1,000 members, is probably the oldest and largest survival organization. See page 54 (Photo courtesy of James C. Jones). Inset: Springfield Armory's M1911A1 .45 auto with forged frame, barrel and slide. See page 46 (Photo by Bob Clark).

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# MAIL CALL

## Plutonium

Your November 1985 issue article on "NEST" (Nuclear Emergency Search Team) said that plutonium is "the most toxic substance known." Biological agents, such as botulism toxin, anthrax spores, or Aflatoxin B-1 from a common mold are much more toxic in that they can produce death quickly. Plutonium, on the other hand, may cause cancer after an incubation period of many years. However, 25 workers from the Los Alamos National Laboratory inhaled a considerable amount of plutonium dust during the 1940s. None of the workers developed lung cancer. The article also incorrectly said that to "inhale or ingest even the tiniest microscopic speck of plutonium dust or powder you would be dead within hours to days," and "dispersion of this dust could, depending on the location and winds, kill hundreds of thousands of people. Ingested plutonium is so toxic that one pound of the material, powdered and distributed evenly, could in theory kill the entire population of the planet." The facts are that more than 10,000 pounds of plutonium were distributed worldwide by weapons tests conducted in the atmosphere by the nuclear powers. Plutonium, a heavy metal, is largely immobile. Nevertheless, plutonium can be measured throughout the environment in the northern hemisphere and in human tissues in small amounts. It has not caused any observable health hazard.

D.F. Miller, director,  
Office of Public Affairs,  
Department of Energy,  
Nevada Operations Office,  
Las Vegas, Nevada

The author of the "NEST" article, Michael Pietrantonio, responds: *Plutonium ingested in milligram amounts (1/1,000th of gram) will kill by causing massive fibrosis of the lungs within hours to days. In microgram amounts (1/1,000,000th of a gram), plutonium will induce fatal lung and bone cancers. Regarding the toxicity of plutonium, I should have said "one of the most toxic substances." Your statement that "more than 10,000 pounds of plutonium were distributed worldwide by weapons tests" is misleading. The 10,000 pounds is the estimated total of plutonium used in the atmospheric bomb tests prior to the test ban treaty of 1963. A high percentage of that amount was consumed by the fission process of the atomic explosions. The remaining plutonium particles became part of the fallout of those tests. Fallout consists of heavier and lighter particles of radioactive materials, here though, we are only talking about the resi-*

*dual plutonium particles. Heavier fallout particles settle back to earth reasonably soon after the blast. A large percentage of the remaining plutonium particles settle in the area of the test. In the case of the South Pacific tests, the fallout particles settled in the surrounding ocean and sunk. Other tests conducted in remote deserts caused fallout particles to settle in those areas. Light particles of fallout, including plutonium, are propelled into the upper atmosphere and circulate until they are brought down by natural processes, generally rain or snow. This is why we can today measure the "background" radiation of the atomic tests of the 1950s around the world. The amount of plutonium we can expect to find around us from these tests is about 2 femtocuries. A femtocurie is the equivalent radiation of a MILLIONTH OF A BILLIONTH of a gram of radium. Plutonium particles in milligram and microgram amounts can kill in hours and cause cancer, if ingested. These are the size particles found in plutonium oxide powder which is likely what a terrorist group would use in the type of incident I described in the article. Plutonium particles from the bomb tests that were distributed in the atmosphere are infinitely smaller than the size of particles that a terrorist group would have access to. The comparison between a terrorist group's use of plutonium dispersed over a city, and the residual plutonium in the atmosphere from the old atomic tests, is not accurate. The methods of dispersion, the concentration of the material on the target, the size of the particles themselves, etc., are all very different—Michael Pietrantonio.*

## Bren Ten Arrived

It had been ordered in August of 1982. Promises of timely delivery had been made and broken time and again by the manufacturer. After three years I began to question the wisdom of ordering a new pistol from a new company. But this letter is not meant to be a criticism of Dornaus & Dixon Enterprises, Inc. Instead, I thought I would advise those who still wait for their Bren Ten that mine finally came and it was worth that wait. Yes, it came with only one 10mm magazine (I ordered three); and I did not receive my .22LR conversion kit. But I have the Standard Model with a .45 ACP conversion kit which is quality; and I will wait for the rest. My mind now rests easier. I know that Dornaus & Dixon Enterprises is manufacturing pistols, not hot air.

Mark Hunt  
Address Withheld

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# TO THE POINT

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## Protecting your home: laws that go too far . . .

**I** WAS working for a New Jersey newspaper in the late 1970s when one night I had to take a telephone call from a very upset Newark resident.

This middle-aged man and his wife lived in the downtown area of Newark and owned and operated a small business near their residence. The man was beside himself. While he and his wife were only a block away tending to their business, their home had been broken into, ransacked and looted *twice* over a period of just a few days. And the police were no help.

"What can we do? What can we do?!" the caller pleaded. He had nowhere else to turn and so he'd called the newspaper hoping he could get some advice. "The police won't even come to the house," he said. "I had to go down to the station house to fill out a report on the burglaries. These people (burglars) have taken *everything* of value that we own. Two color TV sets, my wife's mink coat . . ." His list of stolen possessions went on and on.

At this time, due to a severe budget crisis, the City of Newark had laid off 200 of its newest and youngest police officers. The crime situation, already bad, had become horrendous. The police contended they did not have the personnel to adequately respond to the poverty-plagued city's crime problems. At one point, a stabbing victim bled to death in a city park before help arrived for him.

I didn't know what to say to the desperate caller. I would've referred him to the police but he'd already gone to the police. It was a real nightmare.

"Geez," I said, "you're in a terrible fix. If it were me, I'd get a gun--"

"Don't tell him *that*!" snapped an assistant city editor who had overheard my half of the telephone conversation. "Are you crazy?!"

My suggestion didn't seem "crazy" to me. Having grown up in a home—in another state—where my father always kept a revolver in his nightstand and had other firearms for hunting and sport shooting, I was not disturbed by the idea of using a firearm for protection.

I sympathized with that unfortunate

man and tried to calm him as best I could, backtracking from my earlier suggestion. But, there was nothing else I could recommend. When he hung up he sounded as though he was in deep despair. I never heard from him again and don't know how he and his wife dealt with their trouble.

The following year, New Jersey adopted a new criminal code under which it was a crime to use force against an intruder in one's home unless that intruder directly threatened victims with physical violence. Indeed, had this poor, desperate man tried to use force with a gun against the thieves who were breaking into and looting his home, under the new state law, he could have been prosecuted for aggravated assault.

The crime situation in Newark improved in the years following that incident. The city found the funds to hire back some of the police and tougher, longer sentences for criminals—a positive effect of the new criminal code—probably contributed to decreases in crime in the state. But a debate over the efficacy of that law against use of deadly force continued.

Other states, as I understand it, have also tried such restrictions on homeowners, and have switched back to laws that, under certain circumstances, allow a homeowner to use deadly force to protect property.

I cannot see how such a law as New Jersey enacted could truly serve the public. Such a law, in my opinion, comes down on the side of the criminal and ignores the law abiding citizen.

I'm not advocating the wholesale slaughter of burglars and car thieves. Quite the contrary, shooting someone in or near your home will bring intense scrutiny from law enforcement agencies, and can lead to criminal charges filed against you. The use of a firearm in defense of one's home and family can only be condoned in the gravest of circumstances. But just the same, I can't help but feel that it's time for more laws which favor the crime victim—not the criminal. Constitutional rights are one thing. Legal insanity is another—Jim Benson.



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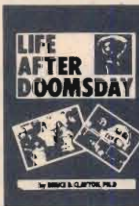


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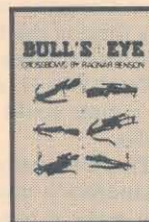


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# SURVIVAL LINE

*Terrorist targets, the Good Book, CIA 'torture,' missing kids, organ transplants, lack of historical knowledge, American views on the future . . .*

**S**EVENTEEN dead, 154 wounded—These are the casualty figures for Americans involved in terrorist attacks during 1985. One third of all terrorist attacks worldwide are currently targeted at American citizens or property.

The State Department, in an effort to reduce the danger to U.S. government workers posted overseas, has begun offering one- and two-day long seminars on how to avoid or cope with a terrorist incident. Among the subjects covered in the seminars, how to use a vehicle to ram through roadblocks, and techniques of survival for individuals taken hostage. Included in the course is a booklet entitled, *Terrorism: Avoidance and Survival*. The booklet lists dos and don'ts for Americans working overseas. Some of the suggestions: establish a "safe-haven" room with steel doors and survival supplies within; do not place your workdesk in front of windows; always check the back seat of your car before you enter.

**Good Book**—An American couple traveling on a three-week trip to the Soviet Union spent the first and last day of that trip locked in a tiny room in the Leningrad airport. The couple was detained by Soviet authorities for 21 hours without food, drink, or sleep, before being put on a plane and returned to Helsinki, Finland.

The reason for their being denied entry to the Soviet Union was that Soviet customs officials found that they were carrying a Russian language Bible.

**Lighter Side**—Vitaly Yurchenko, the Soviet KGB defector who a few months ago made headlines when he decided to return to the Soviet Union, held a news conference in Moscow not long ago. In the news conference he accused the CIA of torturing him and then trying to cover up the torture. How did they do this? According to Yurchenko, he was "forced" by CIA agents to play golf and sun bathe so that he would appear healthy . . .

**Good News**—The National Center for Missing and Exploited Children has, in its very first year of operation, helped find 2,600 missing children. Most (2000) were runaways, with an additional 400 being taken by a non-custodial parent. Sixty of the children were abducted by strangers.

Should you have any information on a runaway or missing child, the Center

maintains a toll free hotline at (800) 843-5678.

**Organ Transplants**—Medical technology has in the past few years become so advanced that things that used to make headlines are now commonplace. Organ transplants are now so common that unless a new device such as the artificial heart is used, the public never hears about them.

There are currently 12,000 people in the U.S. awaiting an organ transplant. Many of them will die because the organs they need are not available. In an effort to ease this situation many organizations are urging their members to sign and carry organ donor cards. These cards give you the ability to help save a life. To obtain a free card or information, contact the American Ambulance Association at 1800 K St. N.W., Suite 1105, Washington, D.C. 20006.

**Forgetting The Past**—The results of a preliminary study of 11th grade students from across the country have yielded some startling statistics. The students were asked basic questions about their knowledge of U.S. and world history. Some of the results: Two-thirds of the students could not place the Civil War in the time period of 1850-1900. One-third could not locate Britain, France or Germany on a map of Europe. Almost a third of the 11th graders could not identify the countries the U.S. fought against in World War II. And almost half the student sample could not identify Churchill or Stalin.

**Still on education**—The University of New Haven is offering students a unique course this year, how to make a nuclear bomb. The course is intended to familiarize students with nuclear weapons theory and the destructive potential of the devices.

**Future Poll**—A recent Roper poll of 2,000 adult Americans regarding their thoughts on the next 50 years, contains some scary statistics. Eighty-three percent of those polled believe there will be a major chemical plant accident in the U.S. Seventy-three percent believe a major nuclear power plant accident is likely to occur. And the most sobering of all, 43 percent of those surveyed believe that sometime within the next 50 years a global nuclear war will occur. ●



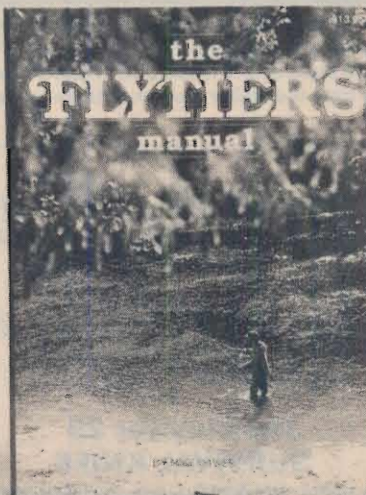
# BOOK REVIEWS

## The COLUMBIA UNIVERSITY COLLEGE of PHYSICIANS and SURGEONS COMPLETE HOME MEDICAL GUIDE

Editor: JAMES H. HARRIS, M.D., Senior Deputy, Nat. Foundation for Health Research, National Cancer Institute, Bethesda, MD 20892. Editor: J. H. HARRIS, M.D., Senior Deputy, Nat. Foundation for Health Research, National Cancer Institute, Bethesda, MD 20892. Editor: J. H. HARRIS, M.D., Senior Deputy, Nat. Foundation for Health Research, National Cancer Institute, Bethesda, MD 20892.

**The Columbia University College of Physicians and Surgeons Complete Home Medical Guide;** Crown Publishers, Inc., Dept. ASG, One Park Avenue, New York, NY 10016; (212) 532-9200, Ext. 118; 911 pages, hard cover; \$39.95.

Three years in the making, this book is a joint effort by 56 doctors—all specialists in their fields. The book is intended to let you take advantage of the most recent medical science advances and research on the causes, prevention, treatments and cures of a host of diseases from cancer to heart disease, arthritis, diabetes, AIDS, and infectious diseases. Beginning with a special test to determine your "Health Quotient," the guide covers issues from allergies to x-rays and birth to old age. Additionally, there is information on how the nation's health care system works, how to choose a doctor, what to expect from diagnostic tests, how to understand your doctor's medical vocabulary, what to look for in a nursing home, how to use drugs properly and safely, ways to get health resource information, and how to reduce stress and tension. The book focus is 20 chapters providing the reader with a tour of the human body in sickness and health. It uses understandable layman's terms and incorporates recent research findings on cancer, heart disease, the immune system, strokes, diabetes, edocrine and blood disorders, mental and emotional health, sexual dysfunction and therapy, digestive diseases and more. The guide has more than 200 illustrations, dozens of charts, graphs and tables, a glossary of medical terms, lifelong "Family Medical Record," and a comprehensive index. It's a fact-filled, informative and interesting book.



**The Flytier's Manual,** by Mike Dawes; Stoeger Publishing Co., Dept. ASG, 55 Ruta Court, South Hackensack, NJ 07606; 160 pages, softcover; \$13.95.

"To the uninitiated," the author writes, "it might appear a trifle absurd that a fisherman should take thread, scraps of feathers, and bits of different-colored fur and other materials, and tie them on a hook with the intention of fooling a fish into believing that this is its favorite food. Be that as it may, this is what many fishermen have been doing for centuries, and more and more in our lifetime." Dawes, who has fished throughout the world and owns and operates one of the world's major distributing companies of fishing supplies, provides the "how to" instructions and lists materials needed to tie a broad range of flies attractive to trout, salmon and many other fish. "To be able to tie a fly," the author says, "you do not have to have a surgeon's delicate touch or dexterity . . . What the beginner needs to remember is that he should always tie, say, six of every pattern he tries. By the time he gets to the sixth, he will have ironed out the faults in his technique . . . In the beginning, you should take a course in flytying or get a friend to introduce you to the tricks of the trade. This will make your first steps in flytying easier, and the advice of someone experienced will help you to avoid getting into 'bad habits.'" The book is well illustrated with black and white drawings and many color photographs. It discusses tying of nymphs, dry and wet flies, lures and streamers and salmon flies.

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## Kung-Fu Charlie

PRESENTS

THE SWITCH-A-ROO KNIVES  
SWITCH-A-ROO I

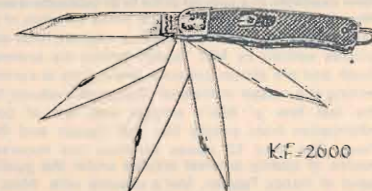


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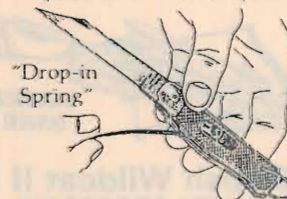
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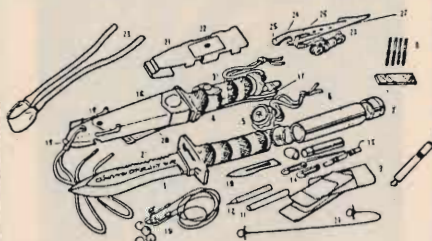
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State choice of 125, 150, or 175 lb. limb.



### The Survivor 29 SURVIVAL KNIFE

The Survivor 29 has 29 features in all and will do them all, we guarantee it! Knife includes: 1. 10½" overall length blade. 2. 5¼" length chromium vanadium molybdenum stainless steel, with saw teeth. 3. Anodized handle. 4. With hollow. 5. For the survival kit, black cap with compass. 6. And subjection band. 7. The handle kit is inside a capsule printed with MORSE CODE. 8. Waterproof and wind-proof phosphorus matches together with striker. 9. Adhesive dressings. On the second one there are some adhesive applications. 10. A small scalpel. 11. A lighter flint. 12. A pencil. 13. Needle nylon line. 14. Safety pins. 15. Fishing accessories with fish hooks, fishing line and sinkers. 16. The rigid sheath. 17. Polyamide made with belt hanger. 18. Have the following particulars: Pliable fork for slingshot. 19. Clipper wirecutter and screwdriver on the leg. 20. Sharpening stone. 21. Inside the Sheath, one stainless steel small box with a signal mirror. 22. latex tubes. 23. To compose the slingshot and a fishing harpoon. 24. With subjection band canopener. 25. Screwdriver. 26. Caplifter. 27. And shackle wrench. 28. Whistle. 29. Wiresaw. Two bars for the saw fit on the outside of the handle. The original Aitor knife sells for about \$110.00. #2828

Special \$ 29.95 + 1.75 S&H  
2 Knives \$ 60.00 ppd. 48 states

USED - EXCELLENT



### Tan Fatigue Shirts

One of our best values ever. These shirts are used but you can hardly tell. They are a khaki tan in color and are very similar to the safari shirts that some specialty shops sell for \$30 and more. All in excellent condition and available in all sizes Small to Extra Large. Shirts have two pockets and shoulder epaulettes. Excellent heavy duty work shirt but can be worn anytime and anywhere. #0000

Special \$ 5.94 + 1.75 S&H  
3 Shirts \$ 16.00 ppd.

Hash Brown Potato Patties, Broken. One of our most popular items. These are tasty hash browns fried in light oil, seasoned and just a touch on onion — and freeze dried for indefinite storage life. Eat as snack, dehydrates as great hash browns, or use as a base for stroganoff, gravy, or sloppy joes. No ad can describe the usefulness taste of this product — we actually have customers buying it 30 cases at a time for use in camps and for scouts! Each No. 10 can contains \$17.50 worth of freeze dried hash browns. #F010

Case of 6 cans \$ 29.95 + 8.25 S&H  
5 Cases \$ 145.00 ppd.



### 100% English Wool Hospital Blankets

Are Two Corners Worth \$30?

These blankets are a rich cream white with two thin blue stripes that identify them as the highest quality blanket made. They are 66" x 96". They are of the finest and softest wool available. Blankets of this heavy weight quality can be found in specialty stores for \$85 to \$100. Perfect quality surplus ones sell for \$59. These are perfect—most even have the original 1971 identification stick-on label—except they were demilitarized by cutting off approximately 5" of two opposing corners. I almost cried when I saw the cuts—but because of the cuts we can offer them for the unheard of price of only \$29.50. We only have 80 at this price. #0390

\$ 29.50 + 3.00 S&H

Special

3 Blankets \$ 89.50 ppd.



### SI Pistol Protection

Inexpensive Quality Hand Gun Protection

A tough heavy vinyl exterior with foam padded nylon lining and a full length zipper make this an excellent way to protect all your handguns and still save money. Two sizes available. Made in the U.S.A.

Model 1. 2" and 3" revolvers and medium automatics. (7" inside) #2568

\$ 3.99 + 1.50 S&H

2 for \$ 9.00 ppd. 48 states

Model 2. Full size revolvers and automatics (10" inside) #2569

\$ 4.99 + 1.50 S&H

2 for \$ 11.00 ppd. 48 states



### 6 Pocket Military Surplus New B.A.R. Belt

The military designed this six-pocket ammo belt to carry Browning 7.62 caliber magazines. Each pocket has a flap closure with heavy-duty metal snaps. Belt is fully adjustable with high impact plastic buckle. You could design a nice basic survival kit (first aid, food, fuel, fishing kit, space blankets, etc.) that could be carried comfortably and out of the way. The pockets are 6" tall, 3½" wide, and 2" deep—holds 2 retort pouches or an H&K magazine with a little room to spare. Made of extra heavy cotton duck. OD in color. One size fits all. #3338

Special \$ 9.95 + 1.50 S&H  
2 Belts \$ 20.00 ppd. 48 states



# SI SURVIVAL, INC. SI

THE LEADER IN SURVIVAL FOOD  
& EQUIPMENT FOR OVER 15 YEARS



## MEGA DART More Than A Toy?

When I first shot the Mega Dart gun some six months ago the first impression was that it was an expensive and dangerous toy—not something SI cares to offer. Since then there have been some important improvements made and now the Mega Dart can be considered as an alternative silent weapon that is also fun to plink with.

### Silent and Deadly Power

The Mega Dart fires a variety of darts at above 700 feet per second and is a useful weapon for taking small game at from 20 to 40 yards. After that there is a lot of luck or skill involved in hitting small targets. I find that anyone who has used a rifle can consistently hit 3 inch targets at the 40 yard range—especially where a rest can be used. The power of the Mega Dart can be measured by the fact that you cannot remove a dart from a wood target without the use of pliers. I have found that it will bury a dart at least 2" deep into dry pine.

The Mega Dart is very silent—much quieter than an air rifle of the same power. This means if you miss your game on the first shot, often you get a chance for a second. The twin surgical bands are easy to cock, but provide silent compression to the air cylinder. Since this is actually a single shot air rifle it is even legal in California—blow guns are not.

The Mega Dart is deadly—it is not a toy. As with all potentially dangerous weapons you should be careful where you shoot and have adequate backstop protection. I have shot a dart through a 20 layer armor vest—it would stop a .357 magnum bullet—at 15 yards. It not only penetrated the vest it went 3" into the canvas bags I used to hold the vest.

Mega Dart has a body made of high impact molded black plastic. All moving parts are steel including main spring, band holders, trigger, trigger guard, barrel and shoulder stock. Length is a full 42 inches with shoulder stock mounted. Barrel and cylinder are covered with rich fabric camo tape. All this makes up one very durable and exotic, silent but deadly weapon. Total weight with shoulder stock is under 5½ pounds.

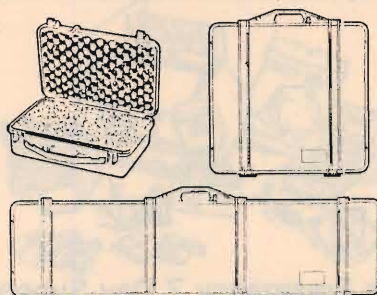
### EASY TO USE!

The Mega Dart is easy to cock. The new removable stock makes it easy to use by most persons. If you remove one set of bands the power is cut to 300+ fps and that makes it good for indoor shooting or for taking out pests in the neighborhood. Again remember that even at the reduced power, the Mega Dart should not be shot where the backstop is not adequate. No "I shot an arrow into the sky" please.

### THE WHOLE PACKAGE DEAL

The Mega Dart gun sells for \$89.95. The removable stock sells for \$19.95. Power Darts are 10 for \$2.95—including are three hunting points for small game hunting. But we are offering a special kit price. You get the gun, stock, 30 darts and an extra set of bands for about the price of the gun alone. Not only that, we guarantee you will like the Mega Dart or return it within 15 days in the original carton with all the parts and get a refund of everything but the shipping charges. #3430

**Mega Dart Kit \$ 95.00 ppd. 48 states**



## Pelican Protector Cases

By far the most durable equipment case you can buy. Constructed of thermal plastic and stainless steel. Completely impervious to corrosion—even salt water. Totally watertight due to an exclusive O ring seal. Heavy duty handle is fabricated into the mold and has locking flange included. Another feature is the O ring sealed purge valve which allows you to equalize the pressure after altitude or pressure changes on the inside. A full three layers of foam with the exclusive pluck and fit insert allows you to custom fit all of your delicate instruments and equipment for maximum protection. Along with the locking flange on the handle locking system of your choice. It has catch safety locks which insure 100% protection against accidental opening of the case. These are especially desirable in rough conditions. The install in minutes and are completely corrosion proof. Case includes 2" x 42" fully adjustable nylon shoulder strap. Available in three sizes to fit all your protection needs.

**Model I** measures 18½"L x 15¼"W x 6¾"D and weighs 7 lbs. I've found this case to be the perfect size to hold a complete 35mm camera outfit; camera, flash and autowinder attachments, 3 or 4 lenses and room for several rolls of film. Holds a couple hand guns and ammo nicely too. #4951 reg. \$ 109.95 + S&H

**\$ 89.95 ppd.**

**Model II** measures 23½"L x 20¾"W x 9"D. Excellent shooters case, guns, ammo, etc. Also nice and deep to handle delicate instruments and equipment. Weighs 12 lbs. #4952 reg. \$ 169.95 + S&H

**\$ 139.00 ppd.**

**Model III, Long Case.** Measures 51¼"L x 15¼"W x 6¾"D. This is about the best possible protection you'll find for your rifles, telescopes, or whatever you value. Remember to pick the pre-cut foam insert to custom fit even the oddest shaped items. Provides maximum protection on land, sea or in the air. All models have been air drop tested for security and are presently being used by the Army Special Forces. #4953 reg. \$ 199.95 + S&H

**\$ 159.95 ppd.**

## Tekna Xena-Lite T-8000



A full six inches in diameter. The body is made of high impact cycloc plastic and the lens is Lexan polycarbonate. Comes with a lantern handle that has a magnetic positive locking switch. Waterproof to 200 feet. Four D alkaline batteries (not included). Xenon gas bulb produces 45,000 candlepower. A spare incandescent bulb is stored in the housing. #2831 reg. \$ 39.95 + 2.00 S&H

**Special \$ 29.95 + 2.00 S&H**  
**Xenon Bulbs #2833 \$ 7.95 ppd.**

**Weight Collar for neutral buoyancy**  
**#2834 \$ 7.95 ppd.**

### Diver's Complete Xena-Lite Set

Set includes Xena-Lite, 2 extra Xenon bulbs, and one weight collar. #2835

**\$ 39.95 + 3.00 S&H**



## 1985 FIRST QUALITY Freeze Dried Beef

Each item in this special is from a current 1985 overrun of military contracts. All are packed in military cans and are designed to store indefinitely.

**All Uncooked!** This can be important if you are using your meats in emergency situations where you want to use them to flavor the grains and vegetables in casseroles, stews, etc. Cooked products tend to just taste good themselves while raw products release their flavor throughout the dishes.

The Beef Patties—there are 31 per can—are excellent for hamburgers, chili-sizes, or by themselves. You can break them up for ground beef for tacos, etc. The Diced Beef is delicious in stews—just a half a cup will flavor a full meal for four or five people. The Beef Steak is, of course, the king of the meats—there are ten to eleven steaks per No. 10 can. Use them whole for a real treat or cut them up for stroganoff, etc.

**For Those Who Want The Best.** We of course must pay much more for the first quality goods than the cosmetic seconds that we offer elsewhere in the mailer. But we still can offer them way below the equivalent price for commercial products from other well-known manufacturers. The best way to find out which is best for you is to buy a can of each item and try them in your everyday meals—many people find these products are economical for them to use daily. Especially where there is just one or two in the family. After all, you get no waste and there is no need for refrigeration.

**Beef Patties #F026 value \$ 45.00 can + 2.75 S&H**

**Special \$ 28.00 can + 2.75 S&H**

**Case of 6 cans \$ 144.00 + 7.50 S&H**

**Diced Beef #F028 value \$ 54.00 can + 2.75 S&H**

**Special \$ 29.95 can + 2.75 S&H**

**Case of 6 cans \$ 149.00 + 7.50 S&H**

**Beef Steak #F027 value \$ 59.00 can + 2.75 S&H**

**Special \$ 32.50 can + 2.75 S&H**

**Case of 6 cans \$ 155.00 + 7.50 S&H**

## EXTRA SPECIAL SAVINGS

**Two Cases Mixed Beef.** Four cans each of beef patties, diced beef, and beef steak.

#C/0589 reg. value \$ 732.00 + 12.50 S&H

**Special \$ 265.00 + 12.50 S&H**



## Survival Fishing Kit

These are current issue, high-quality survival kits for your emergency pack. Using only the finest products, the military has put together a fishing kit that will work for any fresh or salt water application. It is only 4½" x 2¾" x 1½" and weighs 6½ oz. But in that small size is packed: 1 Fishing instruction booklet, sturdy pocket-size plastic case, packed of 8 assorted flies, 2 treble hooks, 1 straight shank hook, 1 leader packed (assorted sizes), 50 ft. nylon line (18 lb. test), 50 ft. nylon line (63 lb. test), assorted hooks, assorted needles, 8 safety pins, packed of 6 assorted spinners, baby copper spoon, large chrome spoon, red and white spoon, illustration of leader knots and hitches, 1 single edge razor blade. #3451

**Special \$ 19.95 + 1.55 S&H**

**2 Kits \$ 38.00 ppd. 48 states**



# SI SURVIVAL, INC. SI

## THE LEADER IN SURVIVAL FOOD & EQUIPMENT FOR OVER 15 YEARS

### It Couldn't Happen Here! Could It?

As I sat watching the tragic aftermath of the earthquakes in Mexico, I saw how unprepared any nation is for an emergency of that magnitude. Pictures of people getting water by breaking into sewers and washing in rivers combined with the fact that 40% of Mexico City is still without water after four days reminded me of the importance of water storage. As I saw the tent cities going up in parks and learned the fact that gas service is cut off to a large part of the population and 5% still do not have electrical service I thought of what it would have been like if it was winter instead of the end of summer—especially in a climate anything like our Northeast.

No water, no heat, no lights, and a limited supply of food. All products of a natural disaster that could strike in some form in much of the United States. I was pleased to see some of the TV stations in Los Angeles reminding their viewers that this could happen here and where to send for an information package on Earthquake Preparedness. But just as we read daily about traffic deaths, robberies, rapes and murders, I am sure most of us look at the Mexico disaster and never think about the same thing happening in our personal lives.

I do not blame people for not wanting to think about unpleasant future—no one should look for gloom and doom. However, it is unrealistic to ignore danger signs that point to real and probable future problems. Just as we are warned to have regular check-ups to head off cancer and heart disease or other treatable if caught early human ailments, perhaps we need to be warned to check-up on how we stand in preparing for a future emergency.

If you are prepared for the types of emergencies that regularly happen in your part of the country, when one comes along you will not find yourself rushing around trying to get ready. A case in point is the gulf coast people who flocked to stores to buy candles, food, etc. when the latest hurricane warning was sounded. It seems to me that it would be natural to have that all on hand long before a warning is issued—after all they do seem to get one or two each season. The same can be said for tornado country, blizzard country, or closer to home, earthquake country.

I like to think that SI is helpful in making some homes a little safer and a lot better prepared for an emergency. Not that any preparedness can take all of the hurt and anxiety out of a disaster, but it can help to make the return to normalcy easier and in some cases it could mean the difference between life and death. Bill

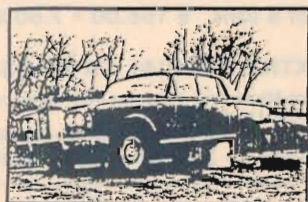


### An Emergency 7 Day Supply

This is a newly designed supply that came out of the chaos of the disaster in Mexico. I felt a need for an inexpensive highly-portable package that would provide a minimum supply of food, light, heat and shelter for one person for seven days or two people for three days. The supply includes: high quality tube tent, two space blankets, stove and fuel, eight candles (about 40 hours of light), water tablets, waterproof matches, first aid kit and a high quality supply of military food pouches. The food supply contains: 21 retort pouches of meat entrees, 14 cakes, 14 fruit bars, 7 beans with tomato sauce, 7 candy bars and 7 heavy plastic spoons. All these products are fully cooked, but the meats and beans are better heated up. I believe this is one of the best in small emergency supplies available. All you need to add from the store is a good transistor radio and some water and you can be prepared for the 72 hours it takes to get most government emergency programs in place.

If you purchased the items individually at your local sporting goods or surplus store they would cost about \$144.00. If you picked them out of our monthly specials they would be at least \$75.00. But for this introductory offer you can buy all of the items in one easy-to-store carton, 6" x 12" x 18", for as low as \$45 each. Designed to be used in your auto, motorhome, four-wheeler or even as a get-away unit in your home. Doesn't it make sense to have some insurance—after all, you could be the one the rest of the country is reading about instead of the other way around. #C/0591

Special \$ 49.95 + 9.50 S&H  
3 Supplies \$ 145.00 + 15.00 S&H



### Quick Jack

#### Safe & Simple Tire Changing

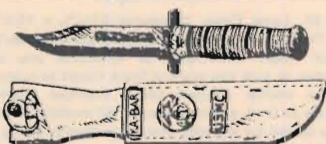
With this inflatable car jack you can lift your car to change a tire with very little effort. Even the simplest engine will inflate the bag in less than 30 seconds. Excellent anywhere—even on soft ground in mud or sand where normal jacks will not work. It's unique construction means it will not scratch paint or metal—you can use it under any part of vehicle! One of the real beauties is how quick and easy it makes putting chains on in rough conditions. Simply connect the heat-resistant hose over exhaust pipe to inflate bag and lift car. Bag safely deflates by turning one-way valve. Safety cone will pop off if you forget to turn off engine. Made of tough PVC material with new patented seam joining. Will lift over 3000 lbs. which makes it suitable to lift one side of a 5000 lb. car. Hose is a full 15 feet long which makes it very convenient. Complete instructions and diagrams are included.

#3650 reg. \$ 59.95 + 4.00 S&H

Special \$ 39.95 + 4.00 S&H

2 Jacks \$ 68.95 ppd. 48 states

Block Sleeve for Dual Exhaust #3652  
\$ 7.95 + 1.50 S&H



### The Original KA-BAR Knife

This is the real thing — a reintroduction of the famous U.S. Marine Corps. fighting knife. Made to the exact specifications that they used when they made it for World War II. Created with high carbon, parkerized steel blade. Full tang covered by high compressed genuine cowhide leather washer handle with grip grooves. The sheath is fully stitched and stapled, oiled cowhide leather.

\$ 39.95 + 1.75 S&H  
2 Knives \$ 80.00 ppd. 48 states

### 8 x 40 Armored Binocular



An excellent all purpose binocular. The 8x40 porro prism wide angle is one of the best optics devices for sports watching, hiking, hunting, boating, etc. Built-in eye cups, lens covers, neck strap, and comes in its own heavy duty lined case with strap. Fully rubber armored in camo only. 15 pair only at this price. Order now!

Special Close Out Price

\$ 79.95 + 2.50 S&H

### Sleeping Bags

Take advantage of these special prices and save on your family's sleeping bags for the coming season.



### Israeli Commando Bag

The second bag is a brand new Israeli bag that is made for their commando troops. Featuring a full 48 ounces of the highest quality polyfill (like Holofill) the bag features a full waterproof underside for use on dampest ground. It is a Modified Mummy style with full zipper—two bags can easily be zipped together. The other great feature is that it rolls up into the built-in hood. One of the best military bags made today—good to 10°F. An equivalent quality commercial bag would probably sell for \$120. Limited quantity available at this time. #8013

Close Out \$ 45.00 + 6.50 S&H



### Modified Military Mummy Bag

The first is a used military—USMC or USA—mountain mummy bag. The company that sold them to me explained that they bought some bags where the outside cover did not clean well. They decided to remodel the bag by sewing a full wraparound military bag cover on the outside and move the zipper so it looks like it was made that way. These bags are made with 40 ounces of down and feathers. About 80% of the filling is down (but not always duck) and 20% feathers. With the remodeling, these bags are what I consider one of the best buys available. They are excellent for emergencies, youth bags, and for camping. They are rated down to 0°F and since they are made to military specs they are made to last. But do not forget they are used—the outside looks great, but the inside covers look used. But if these bags were new, you would have to pay \$90 to \$120 for this quality. #8014

Close Out \$ 39.95 + 6.50 S&H



### The Kamo Sleeper

I chose this bag because it is one of the best values I have found. A full three pounds of polyfill, a generous 32" x 75" rectangular bag, sturdy TieTex outer cover and nylon tricot inner. A good summer bag or guest bag at a reasonable price. It is a good first bag for youth doing overnight summer camping. Machine washable and the camo cover tends not to show stains as a plain colored bag does. A very good value.

#8009 reg. \$ 36.50 + 6.50 S&H

Close Out \$ 19.95 + 6.50 S&H



### Current Issue Sleeping Pad

This is current use high density sleeping pad being used today. 3/8" thick, 24" wide, and 72" long, it will keep out cold, moisture and even smooths out some rocks and holes. Includes attached straps for easy rolling for carrying. Selling in stores for up to \$11.95. #8028

\$ 8.50 + 2.00 S&H

3 Pads \$ 27.00 ppd. 48 states



SI

SURVIVAL, INC.

SI

THE LEADER IN SURVIVAL FOOD  
& EQUIPMENT FOR OVER 15 YEARS

### Israeli Gas Mask Special CBW EFFECTIVE

We decided to put together a package for the highly effective new Israeli Civilian Gas Masks that we have been offering for the past 15 months. We want something that was easy to pack and easy to carry. So we have taken a mask which comes with one canister and added a second canister and put them in a heavy-duty used US mask bag. The bag features three small outside pockets that can hold other items such as water tablets, matches, knife, etc. It also has a nice carrying strap that is made so it will not break easily. The bag secures the mask and canisters with two easy-to-open spring snaps.

The Israeli Masks are not only new (meaning they have not been used) but also are of recent manufacture. Made for the Israeli population to protect against gas attacks, they will handle all common battlefield gases including CBW gases. One important feature is that the filter can be changed in seconds without removing the mask. The canisters have no listed limit to shelf life. In talking to those who seem to know, if the protecting seals are not removed they should store indefinitely. Also the filters are readily available at this time. #C/0569

Bag, Mask and 2 Canisters

\$ 29.95 + 3.00 S&H

2 Sets \$ 60.00 ppd.

Bag Alone #6479 \$ 6.95 ppd.

Extra Canisters #6477 \$ 9.50 ppd.

Mask with 1 Canister

#6476 \$ 19.50 ppd.



U.S. Contract

### MRE Retort Meats As Low As 80¢ Per Pouch

Just in, these new meat products were produced for the 1984 contract. Includes Beef in Spice Sauce, Ground Beef Minni-Cotta, Beef with Gravy, Ham Slice and two others. Shelf life 5-10 years without refrigeration. Takes only minutes in boiling water or against engine block to be ready. We pack them 12 to a case—2 of each entree. Just like the army—no choices. Great for hunting, fishing, camping or emergencies. #R0075

12 Pouches (2@) \$ 16.80 + 3.50 S&H

36 Pouches (6@) \$ 42.00 + 5.25 S&H

72 Pouches (12@) \$ 72.00 + 10.50 S&H

432 Pouches (72@) \$ 349.00 freight collect

### Radiation Exposure Kit



Features our certified and calibrated surplus Civil Defense Radiation Meter, newly manufactured military spec dosimeter charger, two certified and calibrated surplus quartz dosimeters, and the book *Nuclear War Survival Guide*. All the equipment is guaranteed to be within original specification limits. If new this set would sell for \$895.00. Our regular single item price is \$355.00.

Special \$ 239.00 ppd. 48 states

### Potassium Iodide Tablets BLOCKS RADIATION

A proven method to stop thyroid damage from radiation—for full details see page 96 of "Nuclear War Survival Guide". Each person needs 14 tablets for protection. Supplied to military and government personnel. Some advertise these for \$10.00 for only 14 tablets but we offer 98 tablets in sealed bottle. #S1525

\$ 22.50 + 1.75 S&H

2 Bottles \$ 39.95 ppd.

### CAN SAVE YOUR LIFE



### CLEAN UP 1000 GALLONS OF WATER With This COMPACT WATER PURIFIER

This is the water washer recommended by Howard Ruff. It will clean 1000 gallons of questionable water. A compact three stage purifier with replaceable filtering unit is an important part of any storage plan. The activated silver ionized charcoal removes bad taste, odors, chlorine, and kills bacteria. For maximum bacteria destruction let water sit for 20 minutes after running through purifier. The water washer refills are easy to change—all you need is a Phillips head screwdriver. We suggest you keep a water washer in each of your vehicles and one in your home for emergency use. #4010 reg. \$ 39.95 + 2.50 shipping and handling

\$ 22.50 + 2.50 S&H

1000 gallon refills #4011 reg. \$ 15.95 with purchase

\$8.95 ppd. 48 states



### SAVE

### Certified Calibrated Surplus Survey Meters

We have available a limited number of high quality surplus Civil Defense survey meters that have been calibrated and certified to bring them back to original specifications. Each unit was carefully selected from our regular stock, cleaned and sent out for calibration and certification. These are the finest surplus meters now available. These are high-end units that are a must for measuring levels that would be around after a nuclear attack or accident. They are not made to measure emissions from microwave ovens or TV sets. These were made for the Civil Defense program, but with the state of the current CD program they were declared surplus. That is why you get a nice spot of gray paint on the side of the yellow high impact plastic case—they are trying to cover the CD stamp that is on each meter. These certified meters will give readings in the 0 to 0.5, 0 to 5.0, and 0 to 50 roentgen per hour ranges. We include with the meter the necessary batteries. A new meter with the same features would run \$500 or more. #4865

\$ 165.00 ppd. 48 states



### The Bulb Saver

#### Extends Life of Light Bulbs 700%

The Bulb Saver cushions the bulb against the surge that hits when you flip the switch. Besides that, it is a half-wave rectifier that reduces the voltage applied to a bulb by approximately 30% and reduces the amount of electricity consumed by 40 to 50 percent.

You will find that your bulbs will last seven times as long. (The company claims up to 100 times, but the test data I have seen show seven to ten times and I like to be conservative.) Second, you will use about 15% less power to give the same amount of light. And finally, you will not need to replace that hard to reach bulb that causes fights in your home so often.

even available for the small base candelabra lights. We guarantee that you will get the value you pay for or your money back.

#6705 Standard #6707 Candelabra

\$ 15.00 Dozen + 1.75 S&H

Apartment Owner's Special

50 Bulb Savers \$ 55.00 ppd.

### Grains Water Equipment

#### 18-Gallon

#### High Quality Barrels

Used once—for mushrooms!



These are made of 1/2" high impact plastic and they are food grade so you can store grains, beans, or water in them. They have a 10" screw-on lid with an airtight seal due to a neoprene gasket. 23" high and 16" in diameter and includes two heavy-duty handles for easy carrying. Good also for burying (even weapons) if care is taken in sealing and packaging. New ones cost about \$29.00 plus shipping—but these are carefully washed and you can get them as low as \$16.50 delivered to your door. They are shipped from Pennsylvania. #0218

18-Gallon Barrel \$ 19.95 + 4.50 S&H

5 Barrels \$ 110.00 ppd. 48 states

10 Barrels \$ 195.00 ppd. 48 states

20 Barrels \$ 345.00 ppd. 48 states

100 Barrels \$ 1650.00 ppd. 48 states

Survival, Inc. (SI)  
2322 Artesia Blvd.  
Redondo Beach, CA 90278  
(213) 318-2575

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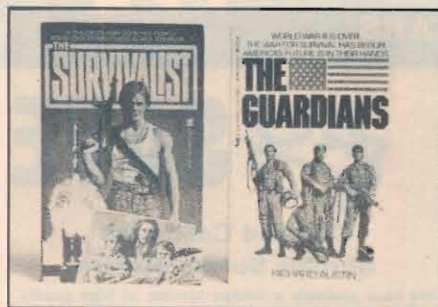
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# BOOK REVIEWS



**The Survivalist, #1 Total War**, by Jerry Ahern; 218 pages, paperback; \$2.50 plus 35 cents per copy postage and handling. **The Guardians**, by Richard Austin; 230 pages, paperback; \$2.75 plus 35 cents per copy postage and handling. Both books available from K&K Thompson Book-sellers, Dept. ASG, 750 Franklin Road #15p, Marietta, GA 30067; phone (404) 424-6053.

The end of the world. The collapse of civil-ization. Armageddon. These have been themes of countless works of fiction and science fiction. And survivalists are fre-quently linked with these themes by virtue

of the fact that many of them are inter-ested in surviving such cataclysms, should they occur. Authors Ahern and Austin have each written a series of novels dealing with desperate and fantastic survival situa-tions following a nuclear war. In Ahern's **The Survivalist #1 Total War**, ex-CIA covert operations officer John Thomas Rourke tries to locate his missing family "after the button is pressed, the missiles launched and the multimegaton bombs unleashed." It's the first of 12 novels in the series. **The Guardians**, the first of a four-novel series, involves a "plan for the day after" in which a four-man elite "survival team, armed with awesome combat skills, equipped with the most devastating per-sonal weaponry ever devised," are "en-trusted with freedom's last hope: the top secret Blueprint for Renewal" in which they must spirit the U.S. President "across a thousand miles of chaos and into the im-pregnable Midwestern fortress known as Heartland." If you like high-powered guns and action, you'll enjoy these shoot-'em-up, blast-'em-apart novels. The rest of the books in these series are also available from K&K Thompson. ●

## 1985 Giveaway: Blockbuster Winners

**R**ENO, NEVADA, resident Al Bow don was the top prize winner in *American Survival Guide's* 1985 Block-buster Bonanza drawing. Bowdon won an Assault Systems-equipped Honda TRX200 off-road vehicle valued at \$5,000.

Twenty-four other winners from 17 states claimed the other prizes offered. These were a Franchi SPAS 12 auto/pump .12-gauge shotgun; a Barnett Thunderbolt crossbow; RWS M50T 01 and M45 air rifles; a Sea Cloud inflatable boat; a Kolaps-A-Tank water storage tank; Kero-sun kerosene heater/stove; Assault Sys-tems cases; a Davis camo boot knife; a supply of freeze-dried beef and pork in cans; a Model FT250 fish filet table; and eight Ram-Line plastic Ruger 10/22 30-shot magazines.

Watch in next month's issue of *Ameri-can Survival Guide* for our next prize give-away contest.

Federal law requires that only U.S. citi-zens not otherwise restricted by law may receive firearms prizes and these winners must be 18 years of age and older. ●

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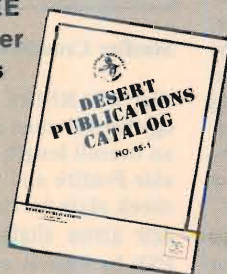


Beginning with the popular, inexpensive Ruger 10/22, you can create the most reliable, inexpensive full auto conversion imaginable just by following the instructions contained in this volume. This conversion allows you the option of *firing up to 1200 rpm on full auto*, or switching to standard semi-auto for precise, aimed shots. Two methods are shown, allowing for different levels of machining skills and availability of tools for the person doing the conversion. Either method works well and both are completely reliable. After performing the conversion (legal with prior BATF approval), why not create a one-of-a-kind weapon by adding some of the neat accessories available for the 10/22? A number of them are shown in the *Ruger Carbine Cookbook* listed below.

Select Fire 10/22, No. 229 .....	\$10.00
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<p><b>FULL AUTO</b> Volume One</p>  <p>AR-15 Modification Manual</p>	<p><b>FULL AUTO</b> Volume 1 AR-15 Manual</p> <p>Step-by-step instructions for converting this popular sporting and survival rifle to full auto. Softcover, 32 pages, illustrated.</p> <p>No. 061 <b>\$6.00</b></p>	<p><b>FULL AUTO</b> Volume Two</p>  <p>Semi-Auto UZI Modification Manual</p>	<p><b>FULL AUTO</b> Volume 2 Uzi Mod. Manual</p> <p>Covers both a drop-in conversion to full auto only and a permanent conversion to select fire. Softcover, 34 pages, illustrated.</p> <p>No. 036 <b>\$6.00</b></p>	<p><b>FULL AUTO</b> Volume Three</p>  <p>Semi-Auto MAC 10 Modification Manual</p>	<p><b>FULL AUTO</b> Volume 3 MAC 10 Manual</p> <p>Covers six different methods of converting the semi-auto MAC to full auto only or select fire versions.</p> <p>No. 010 <b>\$6.00</b></p>	<p><b>FULL AUTO</b> Volume Four</p>  <p>Semi-Auto THOMPSON Modification Manual</p>	<p><b>FULL AUTO</b> Volume 4 Thompson</p> <p>Complete machinists' drawings show exactly how to alter just 3 original parts to create a Full Auto M1927A1 Thompson!</p> <p>No. 027 <b>\$6.00</b></p>
<p><b>FULL AUTO</b> Volume Five</p>  <p>M1 CARBINE to M2 Modification Manual</p>	<p><b>FULL AUTO</b> Volume 5 M1 to M2</p> <p>How to convert semi-auto M1 to select fire M2 by substituting parts and making some minor alterations. Softcover, illustrated, 32 pages.</p> <p>No. 130 <b>\$6.00</b></p>	<p><b>FULL AUTO</b></p>  <p>RUGER MINI-14</p> <p>FULL AUTO CONVERSION MANUAL</p>	<p><b>FULL AUTO</b> Ruger Mini-14</p> <p>Complete instructions for converting this popular gun to select fire, written by a professional machinist. Softcover, 54 pp illustrated.</p> <p>No. Mini-14 <b>\$6.95</b></p>	<p><b>RUGER CARBINE COOK BOOK</b></p>  <p>MINI-14 &amp; 10/22</p> <p>Operation Manual &amp; Accessory Guide</p>	<p><b>RUGER CARBINE COOKBOOK</b></p> <p>Complete assembly/disassembly instructions for 10/22 and Mini-14, plus "dress up" items for both popular carbines.</p> <p>No. 014 <b>\$6.00</b></p>	<p><b>FULL AUTO</b></p>  <p>HK91</p> <p>FULL AUTO CONVERSION MANUAL</p>	<p><b>FULL AUTO</b> HK91/93</p> <p>Civilian-legal semi-auto cousins of the G3 can be legally converted (with prior BATF approval) to select fire. Softcover, 36 pages.</p> <p>No. HK91/93 <b>\$6.95</b></p>
<p><b>THE CROSSBOW</b> AS A MODERN WEAPON</p> 	<p><b>THE CROSSBOW AS A MODERN WEAPON</b></p> <p>Brand new, and destined to become the definitive work on the subject. Large 8 1/2 x 11 format, softcover.</p> <p>No. FP-10 <b>\$9.95</b></p>	<p><b>M1 CARBINE OWNER'S MANUAL</b></p>  <p>M1, M2 &amp; M3 .308 Caliber Carbine</p>	<p><b>M1 CARBINE OWNER'S MANUAL</b></p> <p>Covers use, care and maintenance of the M1, M2 and M3 Carbines. 8 1/2 x 11, softcover.</p> <p>No. FP-13 <b>\$9.95</b></p>	<p><b>EXPEDIENT HAND GRENADES</b></p> 	<p><b>EXPEDIENT HAND GRENADES</b></p> <p>A comprehensive guide to the design and construction of both fragmentation and incendiary grenades, written by a professional ordnance designer.</p> <p>No. FP-5 <b>\$10.00</b></p>	<p><b>EXPLOSIVES AND PROPELLANTS</b></p> 	<p><b>EXPLOSIVES &amp; PROPELLANTS</b></p> <p>In-depth coverage of manufacturing improvised H.E.s, detonators and black powder. Softcover.</p> <p>No. 227 <b>\$8.00</b></p>
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# NEW PRODUCTS



## Hand Warmer

A camouflaged, fleece-lined handwarmer is new in the Bob Fratzke Winona Camo System line. Handwarmer pouch is 9½ inches long and 7½ inches wide; belt loop will take up to a three-inch belt. The handwarmer is available in brown or shadow knitted acrylic camo pattern. Full information from Winona Camo System, Dept. ASG, 827 E. 5th St., Winona MN 55987, or call (507) 452-3966.



## Searchlight

Sportsmen have discovered an answer to the problem of illuminating their camp, boat or off-road vehicle—the CL-12 Dual-bulb Quartz Halogen Searchlight from Collins Dynamics. By harnessing quartz halogen technology, Collins has created a very powerful hand-held searchlight. Then they built in the added convenience of making it capable of being plugged into any cigarette lighter electrical outlet. Quartz halogen lamps such as the CL-12 are renowned for their ability to generate bright, white light utilizing hot burning, long lasting bulbs. The CL-12 also features a patented parabolic reflector system which maximizes the light from the bulb

for optimum brilliance. All this makes the CL-12 capable of delivering over 650,000 candlepower and able to clearly illuminate an object or person up to a mile away. For more information on the CL-12 or Collins Dynamics' complete line of lighting products contact the Collins distributor in your area or write: Collins Dynamics, Dept. ASG, 3596 Moline St. #108, Aurora, Colorado 80010.



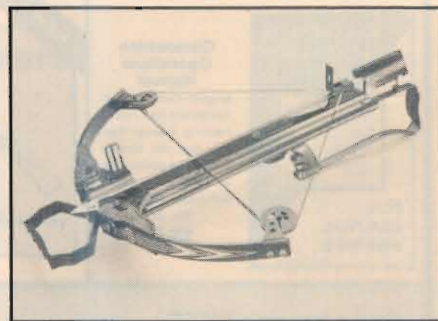
## Super Belt Slide

A flat, extra-slim belt holster that is highly concealable as well as very comfortable has been added to the "Uncle Mike's" SIDE-KICK® line of Cordura® nylon holsters manufactured by Michaels of Oregon. The new "Super Belt Slide" holster is available in four sizes to accept small, medium and large double action revolvers with up to 4½ inch barrels, and medium and large autos with barrels up to 6 inches. Michaels' new product features double belt loops on both sides of the holster. This design permits the trouser belt to pass either in front of or behind the holster. It has a metal-reinforced thumb break as part of the Velcro®-attached safety strap. The holster can be made ambidextrous merely by reversing the safety strap. Rigged as a high ride holster, the Super Belt Slide is supported by two belt loops, one to the right and one to the left of the gun, for extra stability. The gun is carried in a forward cant for easy, natural drawing and holstering. Michaels used an extra-thin laminate of black Cordura nylon, closed cell foam padding and nylon lining to keep the holster slim. "Uncle Mike's" products are sold only through gun shops and sporting goods outlets. For a color catalog, send \$1.00 to Michaels of Oregon, Dept. ASG, P.O. Box 10310, Portland, OR 97213.



## Expandable Batons

Armament Systems and Procedures has announced expansion of their line of Concealable Operations Batons. The telescoping impact weapons have found acceptance with law enforcement, security and corporate executives seeking a less lethal defensive alternative. These ASP products are the only extensible batons to meet federal law enforcement specifications. The 616 ASP Baton extends from six to 16 inches. The 926 expands from a concealable nine to a full 26" configuration. Both truncheons are available with either chrome or black shafts. A machined neoprene rubber grip, dead lock taper and absence of sharp edges are standard on these professional ordnance quality designs. Also new from ASP is a series of leather spring laminate front break cases in plain or basketweave for 616 and 926 batons. Individuals interested in the ASP line of expandable batons and cases may obtain a color catalog for \$2.00 by contacting Armament Systems and Procedures, Inc., Dept. ASG, Box 356, Appleton, WI 54912 (414) 731-8893.

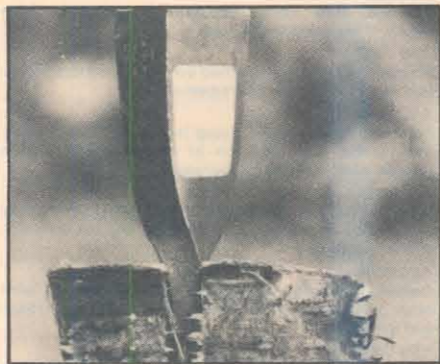


## Starfire Crossbow

The STARFIRE takes crossbow technology further than ever before. It will feature an overall length 6" shorter than the popular Foxfire and will include an adjustable cheek plate for custom fit to the shooter. A new arrow shaft especially developed for PSE by Easton and a newly designed PSE 'Super Nock' will be part of the STARFIRE 'Fireflight 8' system. STARFIRE will also incorporate the new PSE 'Sure

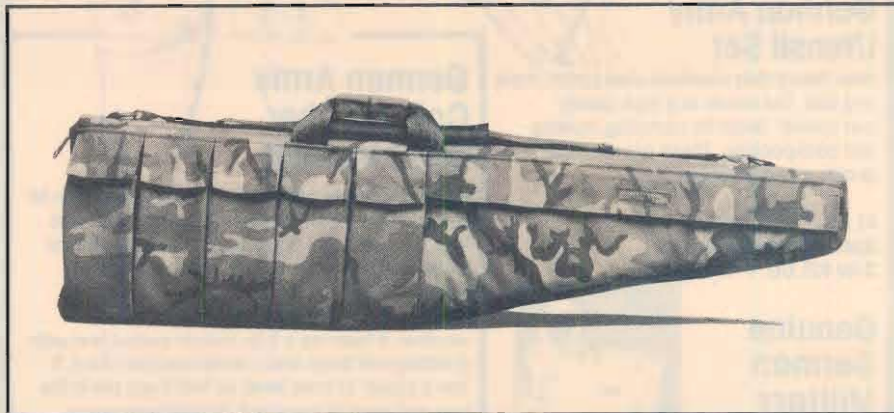


Fire' cables for extended life and durability. The smooth and dependable PSE 'Auto-Safe' trigger will be standard equipment. Look for a complete line of accessories designed especially for the STARFIRE. The PSE Camo finish will be standard on the STARFIRE with optional Black/Silver Hamertone offered at extra cost. For information write: PSE/STARFIRE, Dept. ASG, P.O. Box 5487, Tucson, AZ 85703.



#### Lightning Twist Wedge

For hundreds or thousands of years, man has used the wedge to split logs and large chunks of wood into useable size. Materials have varied from the harder woods to iron and steel, but, the basic shape has been the same, essentially a tapered triangle. Now, the Lightning Twist Wedge offers a completely new attack. A tempered 45-degree twist in the shank of the wedge offers greatly increased splitting power and torque with much less effort and time for the really tough splitting jobs. The sharpened cutting edge assures easy and secure penetration of the wood with no tendency to pop out of the split. The 45-degree twist minimizes friction with the wood and exerts torque which multiplies splitting power—the downward impact on the wedge is converted into outward torque on the wood to split faster, more efficiently and with less effort. Each unit is individually hand tempered to temper the twist and to leave the head and blade with milder temper so that they will not chip or shatter. Because of the torque splitting power and reduced friction with the wood, the lightning twist wedge can frequently be used with a much lighter hammer or mallet than would otherwise be needed and still readily split the most knotted wood. Lightning Twist Wedge is available at \$12.95 (plus \$2.50 shipping & insurance for each unit—total \$15.45 each—delivered) from: Ward International, Dept. ASG, P.O. Box 3628, Granada Hills, CA 91344.



#### Assault Rifle Case

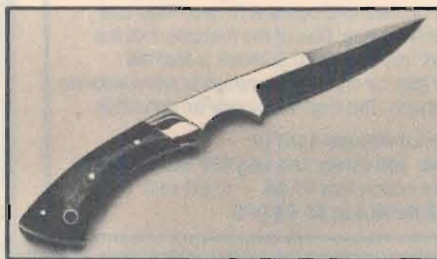
Assault Systems Assault Rifle Case is now better than ever with several new improved features. The closed cell dense foam protective flap prevents weapon from setting on zipper, continuous 2 inch nylon wrap around handles with Velcro brand closure, and improved shoulder strap. Combined

with the state of the art design in cases these features will make the Assault Systems Rifle Case the finest anywhere. Unconditionally guaranteed and available in three sizes. Suggested retail starting at \$65. For more information call or write: 1-800-325-3049. Assault Systems, 869 Horan Drive, Dept. ASG, St. Louis, MO 63026.



#### Shooter's Shirt

Parellex has just introduced this chamois tailored shooting shirt. With the tough and rugged styling of the skeet range, the shirt is made from the finest double napped 100% cotton suede. Features include, double yoke back and breast pockets with button flaps, right arm quilted recoil pad, button cuffs and long tails. Priced at \$24.95 the Shooter's Shirt is available in S, M, L, XL. Colors: Camo or green. Order from Parellex 1090 Fargo, Dept. ASG, Elk Grove Village, IL 60007.



#### Original Weehawk

Pacific Cutlery Corporation, manufacturer of the famous Bali-Song folding knife, is introducing a new line of fixed blade knives. The "Original Weehawk" boot knife is their first release. This compact, full tang model was created by master sword and knifemaker Jody Samson, to be

the ideal boot knife. The Original Weehawk is practical, concealable and versatile. Designed as a defensive weapon, yet capable of handling everyday field chores like hunting, backpacking, etc. Its unique contoured shape fits comfortably in virtually any size hand—with either a forward or reverse grip. The handle slabs are Micarta, pins and bolsters are nickel silver and the tang is drilled for a lanyard. The overall length of the Weehawk is 8 1/4 inches, with just under 4 inches of cutting edge. The 440c Stainless steel blade can be ordered with or without the 2 1/2 inch upper false edge sharpened. Suggested retail is \$60, including a boot/belt sheath and lifetime guarantee. See your local authorized dealer or write Pacific Cutlery Corporation, Dept. ASG, 7328 Laurel Canyon Blvd., North Hollywood, CA 91605.



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## SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addressees without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0301

Spruce Pine, North Carolina, self-reliance/survivalist advocate would like to contact like-minded individuals or groups in Asheville/WNC area.

ASG 0302

Briarcliff, New York, seeking correspondence with others of like mind in this area.

ASG 0303

Placer, California, established survival group looking for two new members in Sacramento area.

ASG 0304

Portland, Oregon, small group interested in expanding membership with addition of certain skills. Please include qualifications/background.

ASG 0305

Brisbane, Australia, interested in contacting survivalists in this area to exchange information and set up a survivalist network.

ASG 0306

Denver, Colorado, interested in communicating with other survivalists in the Denver area to exchange ideas and information.

ASG 0307

Reading, Pennsylvania, looking for serious survivalists in this general area to form a survival group.

ASG 0308

Seifersville, Pennsylvania, ex-A.F. team leader (long range patrol), three tours Vietnam, would like to contact survivalists and survival groups in Pennsylvania, especially Bucks and Philadelphia area.

ASG 0309

Austin, Texas, patriotic Christian family wishes contact with other survivalist groups and would like to start a long-term, self-sustaining survival group.

ASG 0310

Akron, Ohio, seek contact with other survivalists in northeastern Ohio area to exchange ideas and information.

ASG 0311

Lancaster, Pennsylvania, interested in contacting other survivalists in the area.

ASG 0312

Kansas City, Kansas-Osawatomie, seek survival-minded persons interested in starting a self-reliant group. Only serious-minded need inquire.

ASG 0313

Burnaby, Canada, would like to hear from anyone in the Vancouver area interested in urban survivalist self-sufficiency. Also Canadians interested in a survivalist network. No paramilitary or extremists, please.

Address response letters as follows:

American Survival Guide

ASG 0000 (Code Number, As Above)

2145 West La Palma Avenue  
Anaheim, CA 92801

Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of inquiry letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free.



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Versatile, Utilitarian:

# The Clipits

*These excellent locking pocket knives  
are among the best the staff  
has seen or tested . . .*

### Staff Report



Spyderco Clipit locking pocket knives are from the left, The Police model, The Mariner, the Economy, The Executive, The Clipette, and The Worker in left-handed version.

**C**LIPIT Folding knives from Spyderco, Inc. are hailed by their maker as "truly the beginning of the next generation of folding knives."

The staff of *American Survival Guide* is inclined to agree with this assessment. True, Spyderco has been a consistent advertiser with this magazine. But our endorsement of these knives is based on the experience of our regular editors, all of whom own and most of whom carry Spyderco Clipits.

The Clipit line are about as versatile and utilitarian as pocket knives can be. A wide range of styles for seemingly every purpose, high quality materials and workmanship, and the patented design allowing one-handed drawing and opening make these knives well worth their prices, which range from \$25 to \$60.

The clip by which the knife can be attached to a pocket or belt holds the knife in place until it's needed. It can then be gently tugged loose with one hand. The thumb of that one hand is then pressed against the approximately half-inch-

diameter hole at the base of the blade and the blade is flicked open in one motion, locking in place. The knives can be ordered for right- or left-handed users.

Spyderco's G-2 Chrome-Moly Stainless or even the economy 440 stainless steel models are really sharp—as sharp or more so than any out-of-the-box knives *ASG's* staff has ever handled. And these knives hold their edges. The Worker, The Mariner, The Hunter, The Police model—all these and others the staff has seen and tested are about the finest such knives the staff has worked with. Spyderco has many models, and some new ones also should be on the market about now.

The firm also makes and markets many kitchen knives and unique ceramic "V" sharpening devices. The *ASG* staff has tested and found quite effective the "Tri-Angle Sharpmaker" which sells for \$39.95.

For more information or ordering, contact Spyderco, Inc., Dept. *ASG*, P.O. Box 800, Golden, CO 80402; phone (303) 279-8383. ●



NATO Standard:

# Emergency Surgery Handbook & Kit

*Covered is care for a vast number of wounds and other injuries . . .*

Staff Report



The Emergency War Surgery Handbook can be used with the military Surgical Instrument Kit.

**T**HE EMERGENCY WAR SURGERY handbook was originally published by Supreme Headquarters Allied Powers Europe (SHAPE) in 1957. The NATO nations agreed to standardize the principles of the initial care of war wounded as put forth by the book.

Since then the handbook, published in paperback, has been revised and reprinted. The revision updates care of the wounded by incorporating recent improvements and innovations in such care arising from experiences in recent conflicts.

The 397-page book gives in-depth cover-

age of care of a vast number of wounds and other injuries, with sections on mass casualties and echelons of medical care. Numerous helpful tables and illustrations are also included.

Covered are bullet wounds, burn injuries, cold injuries, blast, chemical and thermonuclear war injuries, response of the body to wounding, considerations of wound management, and regional wounds and injuries.

This handbook, which can be used with a U.S. military minor surgery instrument kit, would be a valuable addition to any

individual or group's medical inventory. The kit contains several types of scissors and forceps, small flashlight, tweezers, probe, sterile surgical blade, suture and antiseptic wipe.

The handbook and medical kit are available from Medical Supply Company, Dept. ASG, 701 Nancy Lane, Fullerton, CA 92631. The handbook is \$12.95 and the medical kit is \$39.95. If purchased together the price is \$49.95. CA residents add 6% sales tax. Add \$2 per order for postage and handling. ●



## 12-Volt System:

# Wind Power

*Once you've experienced the independence of producing your own power, you're hooked . . .*

By Helen Mason

**T**HE INTRIGUING THING about alternative energy sources is that, once you've experienced the independence of producing your own power, you're hooked.

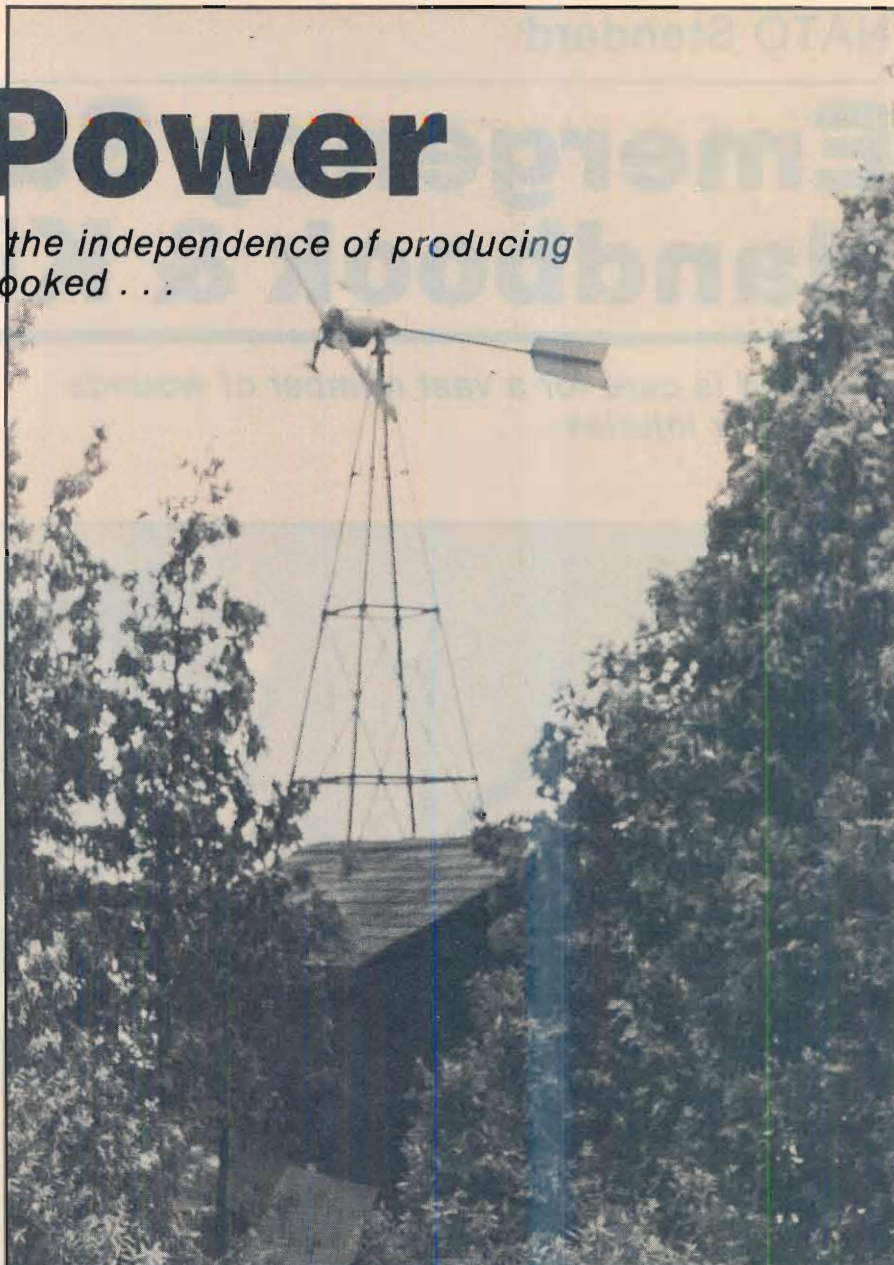
Bill Mosley started with a 12-volt system fed by an old automobile generator he powered with a gas engine originally used to run a wringer washing machine. He filled the fuel tank with one quart of gasoline; when the fuel was used up, it charged a pair of 12-volt automotive batteries enough to supply light to his four-room summer cabin.

Mosley preferred the convenience of this lighting set-up to groping for a flashlight or oil lamp every time he had to calm one of his children during the night. But as he watched the winds gust across his native Georgian Bay, he got impatient with his little invention. Why pay for gasoline when all the power he needed was right there for the taking?

Mosley started reading books about wind power; he checked wind charts such as Jack Reed's *Wind Power Climatology in the United States* (Sandia Laboratories Report #SAND-74-0348, June 1975. Available from National Technical Information Services, U.S. Department of Commerce, Springfield, Virginia, 22161. There was a supplement in 1979). It didn't take long for him to realize that his Georgian Bay cottage site was almost ideally suited for wind power. First, the area frequently recorded winds in the 12 to 16 mph range (roughly, this speed of wind will raise dust and cause small branches to move). Second, this sweep of Georgian Bay was as flat as any stretch of water can be, with wind-swept rock surrounding the proposed wind generator site, and the shore open to the prevailing westerlies. There were few trees on the island; the cottage was a good 300 feet from the intended wind generator site.

Next Mosley looked at his power needs. Since his refrigerator was propane powered, he figured that his needs were mainly for lighting and radio equipment. A 200-watt generator would be ample.

After some comparison shopping, he purchased a 200-Watt 14-Amp Wincharger (Winco, East 7th. at Division St., P.O. Box 3263, Sioux, City, Iowa 51102) he could buy and install for considerably less than the \$1,000 he had slated for the



Despite placement of the Wincharger on the lakeward side of a cedar hedge, Mosley has more than enough electricity for his needs.

purpose. Of course, had he wanted a 120-volt system, or required enough juice to run a 12-volt fridge, he could have opted for a larger unit.

The Wincharger served the purpose he wanted. First, it was fairly simple, something Mosley considers when buying equipment. Since he's far away from anyone who's experienced with wind equipment, he wanted to make sure he purchased something he could repair by himself. Second, Mosley needed a unit light enough to move by boat, and install with little help. Thirdly, he considered the cost. One thousand dollars seemed a suitable cut-off point for the amount of power the unit would provide. True it would be cheaper than paying for underwater cable to the island; but the amount of power it

would provide could easily be handled by a 120-volt gasoline generator he had been given when the original owners couldn't find someone knowledgeable enough to repair it.

Despite this back-up power source, Mosley felt that a \$1,000 investment that could eliminate dependence on a fossil fuel was worth the money. More would have been impractical. Less was unlikely when he considered the fact that most available wind equipment was American-made and, being a Canadian, he was going to have to pay some pretty hefty exchange rates.

**Tower**—Since his cottage is on a wind-swept island with few surrounding trees and no hills, Mosley mounted his Wincharger on an 8- by 10-foot storage shed





Positive and negative leads feed down the outside of one of the tower legs. The positive lead is attached to the generator head. The negative lead bolts to a similar terminal on the far side. The two wires pass through a hole in the shed roof.

located on a rocky promontory open to the prevailing westerlies. He did do one thing his reading had warned him against. Since his shed's roof was already a good 10 to 12 feet above the water line, and the tower provided with the wind generator offered another 10 feet, he decided not to worry about removing a row of cedars concealing the shed from his cottage. Because of this, winds occasionally gust around the cedars, reducing the wind speed, and therefore decreasing the generator's charging capacity. Since the generator more than amply supplies his needs, however, Mosley isn't worried. Ideally, he should either remove the trees, or build a tower high enough that the prop is 30 feet higher than any obstacle within 300 feet. Mosley feels the disadvantage of eddying winds is far outweighed by the expense of having to build a tower he doesn't feel his system needs.

Mosley braced the inside of his shed with 2x6s spiked to the roof rafters, then mounted the tower on top, and held it in place with 3/8-inch carriage bolts—two per leg, that he inserted through pre-drilled holes in the roof, and nutted on the inside. To protect his investment from the lightning that frequently snaps across the open bay, he then grounded the tower with some leftover aluminum cable he bolted to the top of the tower, ran down the inside of one of the legs, across the shed roof, down its lakeward wall, and into the water. Mosley prefers either aluminum or copper cable because of their excellent conducting capabilities. Although he had some on hand, he has since noticed that utility companies often have scrap cable they're willing to give away.

Before mounting the charging unit, Mosley drilled two holes into the holly bearing (the shaft on which the generator head rotates) and inserted two grease nipples. He felt this would protect the bearing from rust, an important consideration when you realize that it's this bearing on which the generator swings back and

forth to keep the prop faced into the wind. The grease job also eliminated any squeaking.

He warns novices not to mount their wind generator directly on to their home or any building where they spend a lot of time. As the blades speed up in even a slow wind, they sound like the propellers of an airplane about to take off, an unnecessary inconvenience for people who have gone to wind in an effort to use more natural sources of power. There's also quite a bit of vibration.

**Mounting**—With the tower and grounding system in place, Mosley next mounted the actual generator (minus its blades), and connected #8 lead wires to its positive and negative terminals—black for positive, white for negative. Although 120-volt users can get away with inexpensive wire, it's important to have heavy gauge wire when working with 12-volt systems.

Once connected to the generator, the lead wires were run down the inside of one of the tower legs, then through a hole drilled in the shed roof at the base of the tower (Mosley used a tar patching compound to reduce the chance of any leakage. He didn't think the rubber-coated wire needed a through-wall fitting), and into the control panel supplied with the Wincharger.

After a little use, Mosley adapted the control panel to eliminate a suspected weakness. In the first two months, he noticed that one part of his charging system kept breaking. In the control panel, there's a solid state diode that permits current to flow in one direction (i.e., from the windmill to the battery being charged), but not in the other (from the battery to the windmill). Mosley noticed that this diode kept popping. It wasn't evident on the diode itself, but, during a calm, when he noticed his wind generator blades turning, it didn't take long to figure out that they were being powered by the battery. Some-

thing had happened to the diode to allow current to run backwards along the line.

Mosley knew that diodes heat up when current moves through them. At first, he suspected that the stock heat sink supplied with the Wincharger wasn't large enough to transfer enough heat to protect the diode, and that the tiny device was simply becoming over-heated. He replaced the finned heat sink with a larger one (actually, the connection block from a clothes dryer), he purchased in an electronics shop.

Only later did Mosley discover that his diode was being "fried"—but not in the way he suspected. The culprit was lightning. When there was a thunder storm in the vicinity, a lightning strike, even one several miles away, would zap the diode, causing power to run both ways along the lead lines. Unless Mosley quickly noticed the problem, his batteries were drained despite the healthily spinning generator blade. To prevent this, he added a switch that disconnects the diode from the windmill's power line (but still allows current to flow to his charging batteries), thus protecting it. Mosley throws this switch at the first sign of a thunder storm, and turns it off when the lightning danger is past.

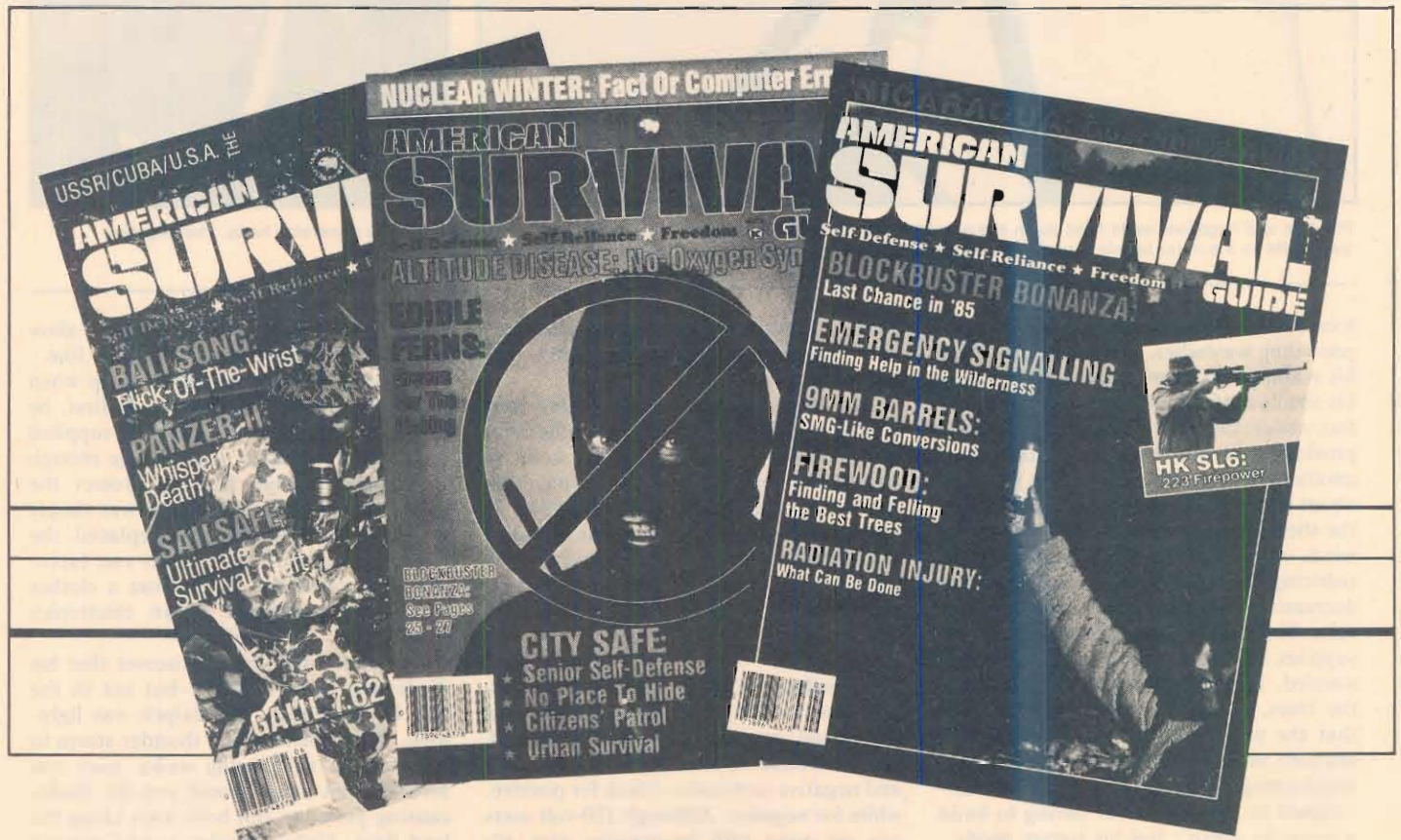
Once he had completed the wiring, and before he mounted the blades, Mosley connected a wire to the windmill's brake cable. This wire cable leads down the water side of the shed, and to a large hook connected to one of its wall studs. Mosley added a turn-buckle to the end of the wire. In order to stop the Wincharger's blades, he simply tightens the bolt enough to pull out the brake cable on the base of the wind generator.

Mosley put on the brake while he mounted the blades. When he loosened it off, he checked that the blades really were zipping around as intended; then sat back

*Continued on page 66*



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Toy/Tool:

# SLINGSHOTS

*Within its limitations, the slingshot is an extremely useful device . . .*

By Jerry Younkins

**I**HAVE A sneaking suspicion that many of the readers of this article owned a slingshot or two in the days of their youth. At least I know I did and look back nostalgically at the fun of knocking metal cans off fence posts or testing the distance that I could fire a marble out from the shore of a placid Lake Michigan.

Depending on your age the particular model may have been a sturdy forked stick powered by a pair of springy black bands cut from an old innertube or the classic Y shape of Whammo with its flat bands. Younger readers may even have been weaned on metal models with wrist braces and antenna-like appendages called stabilizers.

However, as time changes so do our interests, many of us having traded in our slingshots for high powered hunting or defensive rifles, magnum handguns or even state-of-the-art crossbows. We have



The powerful Corn Bow Sling has extra bands for firing miniature arrows.



Here are some slingshots with folding wrist braces.

found that for predator control, hunting or defensive use the firearm is the viable choice. The question that remains is this. In upgrading our weapons have we overlooked something of practical value to be found in the slingshot?

It is unarguable that the slingshot can be a child's toy, but as will be seen in this article, the hand catapult, the name serious shooters give to the slingshot, is in

no way limited to this capacity. The slingshot along with the air rifle and the recurve bow form an excellent introduction to the shooting sports and help to instill that love for shooting that seems to follow the individual throughout his or her life. The slingshot, when coupled with proper adult supervision, is an excellent means of teaching responsibility and can help develop the dual virtues of patience and improvement

that accompany continued practice.

Our greatest concern here though is not whether the slingshot can be used as a learning tool for the kids but rather its practical application for the adult. Make no mistake about it, within its given limitations, the slingshot is an extremely useful device.

Before I lavish praise on it I think it worthwhile to discuss the limitations of the slingshot, namely accuracy and power. To function as a survival or self-reliance tool, accuracy in any weapon is a must. Frankly, the hand catapult in the hands of a novice is more of a hit and miss affair in the area of accuracy. A beginner firearm shooter can spend an hour under the tutelage of a good shooting instructor and can become reasonably proficient on the range. The slingshot, on the other hand, takes hours and hours of practice to master consistent shooting patterns and requires constant refreshing to keep your skill level intact. Since wild game often does not remain still as the hunter prepares to shoot, the hunter may not have the luxury of time given the target shooter. The skill level required to hit a moving animal or bird with a slingshot is advanced.

*Continued on page 58*



Firearms, Firepower:

# Deadly Weapons

*A fascinating look at the effects of different firearms ranging from small-caliber handguns to military machine guns . . .*

## Staff Evaluation

**D**O YOU like guns?" the viewer is asked at the beginning of this one-hour-and-45-minute video tape. Most of us do, or are at least interested enough to want to learn what different handguns, shotguns and assault rifles can and cannot do. And that is the purpose of the tape.

"Welcome to the world of firearms and firepower," says Alec Jason, the producer and moderator—master of ceremonies, if you will—of *Deadly Weapons, Firearms and Firepower*.

Having served in the U.S. Army and as a member of the San Francisco Police Department, Jason, an NRA-certified shotgun, rifle and pistol instructor and competitive shooter, has spent a lot of time around guns and can speak knowledgeably about the subject.

The idea behind the tape from the ANITE Company, of which Jason is president, was that it would be a teaching tool for law enforcement and military personnel. And indeed, these organizations have responded enthusiastically. Copies have been ordered by the FBI, CIA, Marine Corps, Coast Guard, the California Department of Justice and Highway Patrol, the Los Angeles Police Department and many other organizations.

But the tape has caught on with the general public as well. "We've really been surprised because it's really sold much better than we ever thought," says Jason, who has "stacks of fan mail" from viewers.

The tape shows tests and demonstrations of a variety of handguns, shotguns, rifles, machine guns, suppressors and even dynamite.

The tape begins with tests of different calibers and types of handgun ammunition on blocks of pine board (simulating human bone) placed in front of plastic one-gallon jugs filled with water (simulating soft human tissue). The testing provides an indication of the relative stopping power and hydrostatic shock to the body of different ammunition.

Starting with .22 ammunition and progressing to .45 and .44 Magnum, Jason shows how much more power larger caliber handguns have and the effects of different designs of ammunition such as hollow point, solid lead, or the Glaser Safety Slug.

Of the safety slug, a sort of shotgun shell



These are some of the weapons shown and tested on the video tape.



ABOVE—Alec Jason shows the effects of .12 gauge shotgun slugs fired at close range at a car door.

LEFT—Some bullets are deflected from the target when fired through plate glass.

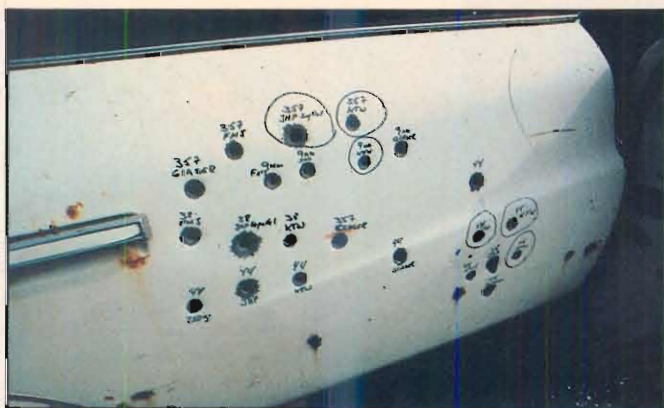




A submachine gun is tested for penetration of this car.



A 7.62mm rifle bullet is fired at Jason to prove a bullet's force doesn't knock a man down.



This car door was hit by different types of ammunition during testing for penetration.



These weapons are fitted with suppressors.



This Browning .50 caliber heavy machine gun was used to riddle this car in a demonstration of the weapon's firepower.



made for handguns to avoid over penetration of targets, Jason states, "It's devastating. It's a really good round for defense."

The most powerful bullet, Jason tells the viewer, "is the largest bullet with the most velocity." However, he adds, large handguns are difficult to control and are not necessarily the most practical.

The testing moves on to the effective penetration of an automobile by different types of handgun ammunition as well as shotgun, submachine gun and military assault weapon ammunition.

Some surprising results are obtained by the car door testing. Some bullets effectively penetrated into the interior of the car striking targets simulating humans, and other bullets failed to penetrate beyond the car door. For instance, 9mm te flow-coated

KTW or "cop killer" bullets—which have never killed any cop—and 9mm Glaser Safety Slugs penetrated to the interior of the car while .44 Magnum KTW and .45 full metal jacketed bullets did not penetrate beyond the door.

Bullet deflection is demonstrated by a series of test firings through a plate of glass, a car windshield and brush. The results are again surprising.

And there's much more: trying to blow up a car gasoline tank with rifle fire (it doesn't work); trying to penetrate an engine block with a .357 Magnum round (it doesn't work); full automatic fire as opposed to semiautomatic; suppressors; the effects of 7.62 NATO M60 and Browning .50 caliber machine guns; even the dynamiting of a car "we had to get rid of."

In one memorable scene, a 7.62 NATO

round is fired from an FN FAL assault rifle only inches away from Jason's chest, which is protected by a heavy ballistic vest, to prove that the force of a bullet doesn't knock a person down. In another demonstration of the bullet-proof vest, a man who does it "for a living" fires a .44 Magnum handgun into his chest which is protected by a thick vest and several magazines (the printed kind) to ease the shock.

*Deadly Weapons* provides viewers with an educational experience as well as a fascinating look at different kinds of firearms and their effects. But besides being very informative and interesting, this tape is just plain fun to watch.

The tape sells for \$69.95 in BETA or VHS exclusively from ANITE PRODUCTIONS, Dept. ASG, P.O. Box 375, Pitts-  
 ole, CA 94564; phone (415) 724-1003. ●

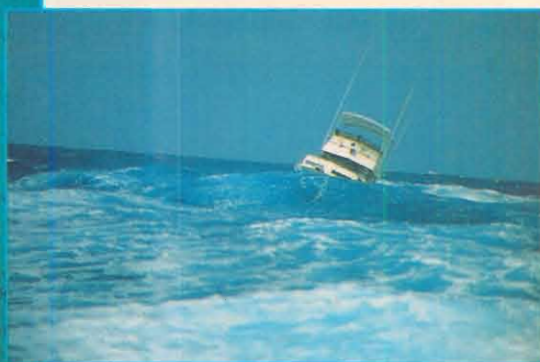
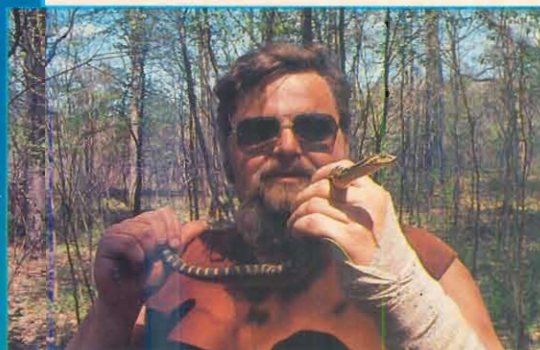


Overpowering Terror:

# PANIC

*It's a personal thing. It may be a phobia or a self-limiting behavior . . .*

By William W. Forgey, M.D., and Jim Meuninck



**A**L KIRSITS, search and rescue diver, had spent nearly 90 minutes probing the depths of the Saint Joseph river near South Bend, Indiana, before he found the victim. The tipoff was a flash of sunlight reflected from the windshield of the missing vehicle.

It was in 12 feet of water—a quarter mile from where it went out of control, left the road, and plunged into the river. Apparently, it had landed on its wheels and rolled downstream. Inside, her face pressed to the glass, her glasses folded neatly in her hand, was a woman. She had drowned without making any effort to save herself.

Panic by definition is a sudden overpowering terror. And, as this story demonstrates, it can trigger profound dysfunction, stilling your very instinct to survive.

Panic is also contagious. A theater

catches on fire. One screaming patron rushes for the nearest door. The masses follow, one piling over the other.

Panic is a personal thing. It may be a phobia. A self-limiting behavior that keeps you off a boat, or off a ski lift. Perhaps you go bananas at the sight of a snake, or your skin crawls in the presence of a spider.

Panic is universal. Evidence proves that well adjusted individuals *do* panic. The key element precipitating panic—in even the most autonomous of us—is a sudden exposure to the unfamiliar . . . and the unexpected.

Let's identify the hierarchy of panic: the stages of its development and the predictable responses to this physical/mental upset.

First off, let's set the scene. Imagine you are caught in a storm at sea. Okay. That could be frightening, but no need to panic,

right? At the time, your wife and kids are forward in the cabin trying to get the radio to work, while you and your buddy are tinkering with the engine that has just stalled. There's a loose wire dangling from the ignition, so you grab it and touch it to the coil. The small spark at the pole ignites the gas fumes in the bilge. The explosion blows you against the bulkhead. Fire is everywhere. To make things worse the boat broaches, and a monstrous wave swamps the deck—the hold fills like a ladle dipped in a rain barrel. The water shorts out the pumps. Lightning flashes and cracks overhead. Yes indeed it's time to panic! A full-blown panic is in order. Let yourself go. Get the adrenalin flowing. Scream, holler, rant and rave!

Okay, okay! That's great. But enough thrashing and writhing about the deck. Pretty good show though. All but the part where you grabbed the last lifejacket right out of your kid's hands. C'mon! Get control of yourself. Here you are three phases deep in panic and you didn't even recog-





nize phase one and two. Let's back up a little—run the clock in reverse—to the calm before the storm, and see just how you got yourself in to this mess. And perhaps more important, how you are going to get out of it.

**Apathy**—Your first response, call it the lull before the storm, is punctuated by underactivity, apathy, and ineffective preparation for the impending disaster. Perhaps you feel it's an inconvenience to be prepared, to practice rescue and survival procedures. An ounce of prevention just isn't worth the time. Anyway, fate is on your side, right! Besides, you're not the captain of this expedition, it's your buddy's boat. It's his job to protect you. This fatalistic, let-the-other-guy-do-it approach to disaster avoidance may be deadly.

**Disorganization**—Panic response two is aptly described by the old saw: "too little, too late." Disaster is moments away. The storm is kicking up. Since you haven't provided sufficiently for response one, everyone is now hounding you for information and instructions. They want answers—right now—when it's too late. Efforts to salvage the situation are unorganized. Roles are duplicated. Time is wasted, events unfold faster than you can react to them. Truly, your fate is in the hands of God. Of course, a few may believe magic will contain the impending event. Others become overactive. Their efforts are random, ineffective. This is the first stage of true panic. You and the other victims are one breath away from irrational, self-destructive behavior. Now, logic takes a back seat to the herd instinct. There appears to be only one escape route, and everyone uses it. For example, if you were in a hotel fire, many avenues of safety and avoidance would be ignored while bodies clog at a door, or masses become trapped in an elevator. But in your case—a disaster at sea—people are fighting over too few lifejackets.

**Panic**—This is full blown panic. The boat is sinking. Everyone is in the water. Your only efforts are to stay alive. You claw for something to hang onto. You are bewildered. Confused. Strangely enough, the others—your buddy, wife and kids—

are reacting without emotion. They are docile, indecisive, withdrawn. Either response means the same things: all members in the group are in panic—fighting or fleeing. Their behavior is aimless. Their thought patterns are amuck. They sweat, have tremors, startle easily, and are swallowing water.

**Dependence**—Finally, the full impact of the disaster is over. You have survived. Others have not. Still others, who have panicked, are strongly dependent on your stable leadership. They are childish and childlike. They will follow you, their chosen leader. They are fiercely loyal.

The storm is over. You have survived. It is time to nurture. If your disaster had been land based, you could administer hot soup, tea, and coffee. But you are at sea. Neck deep in water, soup and tea are impossible. Explain to the survivors they have weathered the crises. Stay close and support them, encourage them and try to take care of their needs. Assure them everything is under control, they are safe, and in good hands. Rescue is imminent.

Of course, rescue may not be imminent. And perhaps you did not survive. Maybe no one survived. That being the case, we had better correct the responses that made this whole panic situation possible. That is, let's see what we can do to prevent this disaster before we let the clock role forward again.

**Preventing Panic**—Remember panic response 1: **APATHY** . . . Where no one assumed responsibility for the mission. In any survival situation it is important for someone to take charge, to assume leadership afield or afloat. This person should require party members to practice self-rescue procedures. But practice isn't enough—everyone should be given an opportunity to participate implosively with the impending disaster. That is, they should imagine with the help of a leader all the possible scenarios, and all the appropriate steps to take should a particular disaster occur. This little act of make believe may save lives should the fantasy become a horrible reality. Yes, by projecting to a disaster instead of reacting to it, you and your crew have eliminated most of the unexpected . . . And remember it's the unexpected that precipitates panic.

However, only supreme beings can prevent storms and who could plan for a loose coil wire? So when the event is imminent, a true leader must emerge from the chaos! Loud, clear, orders must be issued. Advice must be specific and simplified. Everyone should have a task. Survival equipment should be distributed (i.e. lifejackets, rafts, medical kits, blankets, fire extinguishers, weapons . . . whatever is appropriate).

When the event catapults out of control, remember, your first reflexive response is probably wrong. Don't move for a ▶

## CONQUERING FEAR

**F**EAR OF animals, insects, height, fire—the list goes on and on—are human responses to lack of control. Phobias have a strong need to control themselves and their environment. People with phobias are experts at making excuses and practicing avoidance. And people with phobias are all of us. Maybe you find it fearful to stand in front of a crowd and give a speech. Or you are uncomfortable cocooned in a plane at 35,000 feet. Perhaps the sudden appearance of a mouse or spider makes you recoil. You may jump three feet high when a snake crosses your path. These are normal responses. Remember the unexpected unnerves all of us. But you can cut your losses and gain control over your fear. Here's how:

1. You must accept your phobia. You are not crazy. Don't fight your fear. Yes, you are uncomfortable, but the feeling will pass. The key is you are likely not in danger.
2. Face your fear. Expose yourself to the stimulus. Don't close your eyes, or bury your head. Look at it, study that which terrifies you. First, try to experience the phobia at a safe distance. For example, go to a herpetarium in the zoo and put your hand against the glass that houses the poisonous snake. Study the snake, look at it in detail.
3. Don't flee. You may back off, sure, but don't run from the supposed danger. When you have composed yourself, face it again.
4. Teach yourself to expect the best, not the worst. If you are cowering in a gondola, climbing to the top of the ski lift, don't even consider that it may fall. But it will get you to the top of the mountain, where you can enjoy a glorious day of skiing.

Remember, in a survival situation phobias get in the way. You must defuse these fears now, so in a true life and death struggle you are unhindered by self-limiting behavior.

**MEDICAL ADVISORY:** If panic attacks continue and become more frequent you may need professional medical help. Tofranil or Donatal are antidepressant drugs that may help control panic attacks.

### FOR MORE READING:

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## SURVIVAL TOOLS



**ASTRO DACO**

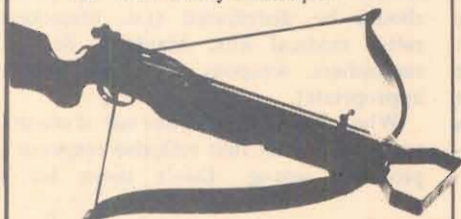
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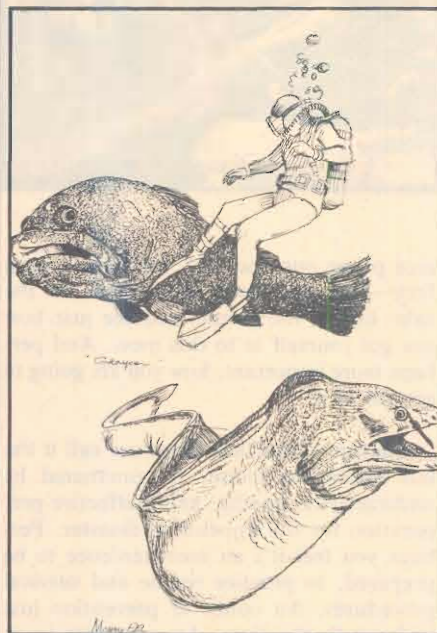
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## PANIC



moment. Sort out the alternatives. Then make a decision. Put your plan into action. But be prepared to alter your plan as events dictate. Keep the victims at task. Encourage them. Give them specific survival duties. Try to isolate those who have gone off the deep end—they can stir the others into maladaptive behavior.

**Eyes**—Fear and paranoia are not easily hidden. Learn to read the eyes of each member in your party: dilated pupils are a tipoff; their eyes may blink rapidly; they look down; recoil; cling. They may bury their head in a pillow, blanket or hide in the corner of a room. If you cannot coax them into action, you may have to blindfold them and lead them from the event, much like a horse caught in a burning barn.

This is what you can expect when the unexpected and unfamiliar comes knocking at our door. Fear, panic, and paranoia —innate responses and learned behaviors we must learn to deal with. Successful field experiences build your repertoire of defensive measures. This armamentarium gains you confidence. But you can never know too much about the activity you are about to pursue.

Seek training. Take your first steps into the unknown with experts. Model their behavior. Then visit the wilderness often, learn from the woods, learn from the sea. Have a pattern for your encounter, a blueprint for survival, count down to your adventure by practicing emergency procedures beforehand. Establish a leader. Go over all the possible scenarios in your mind. Plan your escape and be prepared to implement your plan. ●



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# Practice Makes Perfect

*Fine tune your shooting  
at 32,000 shots for \$4...*

By Bob Clark

**F**EW SEASONED marksmen will argue that there are substantial benefits to be had from dry-fire practice. Fundamentals in sight alignment, trigger control, grip and stance can be practiced without firing a shot. If it's been said once it's been said a thousand times, "For every round you fire, you should have dry fired a hundred."

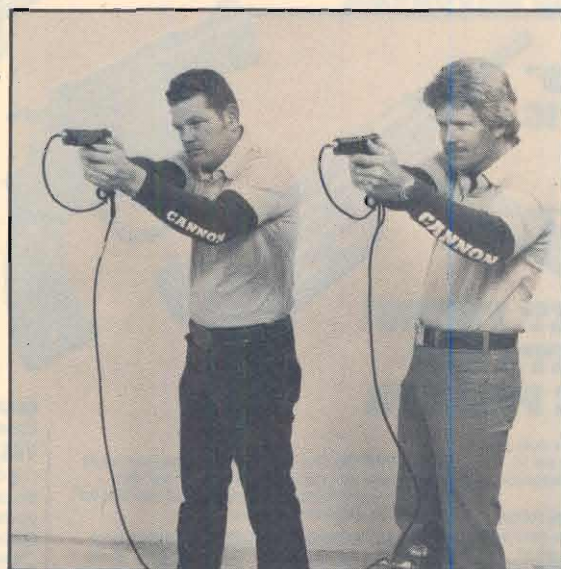
Dry firing a revolver had several advantages over those of a semi-auto until just recently. Where a semi-auto must be cocked prior to each simulated firing, a revolver can be cycled simply by pulling the trigger. Close simulation of the actual mechanics of firing is possible with a revolver, and that includes rapid firing. Unfortunately the same is not true with a semi-auto, as the gun must be manually cocked after each simulated fire.

Fortunately, for those of us who prefer the semi-auto over the revolver, and believe that practice does indeed make perfect, a solution to the semi-auto dry fire dilemma is now being offered. Now did I say? Actually, the "Firing Simulator," designed and developed by Jim Witherell, has been on the market for quite some time, but for some reason received little press. Why? Well, after making a thorough evaluation of the system which included several thousand simulated firings, the only thing I can think of is that many of the popular magazines thought the other guys already had it in the works.

The "Firing Simulator" from Advanced .45 Technology, Inc. in Oxnard, California, works and works well. And what's more, the system can be very simply installed into a .45 ACP in a matter of minutes. I think my first try took about 45 seconds, more on that later.

Basically, the Firing Simulator will actually cycle the slide, complete with recoil, and recock the gun as fast as the shooter can pull the trigger. This is accomplished through an ingenious system powered by compressed air. The conversion, which simply slips into the gun with no modifications, is connected to a bottle of compressed air supplying power to operate the mechanism.

The standard barrel and recoil spring are replaced by a new recoil spring and air cylinder with adapter. The stock barrel



Advanced .45 Technology's "Firing Simulator," has become an integral part of daily practice and competition for professional shooters like Mickey Fowler and Mike Dalton seen here.



bushing and spring plug hold the new components in place. Next, the main-spring housing is removed—a brass punch for removing the pin is included—and replaced by the new unit. Note, a rubber band is placed around the grip safety prior to removing the mainspring housing to keep the spring in position. The new housing is held in place by one of the plastic tabs provided. Remove the rubber band once the new housing is secure. Now, cock the hammer and connect the air line from the mainspring housing to the air cylinder which replaced the barrel. Make this connection finger tight only. Your last step before getting into some real fun is to connect the short hose from the mainspring housing to the 10-foot air line leading to your bottle of compressed air. Although Jim lists numerous sources for compressed

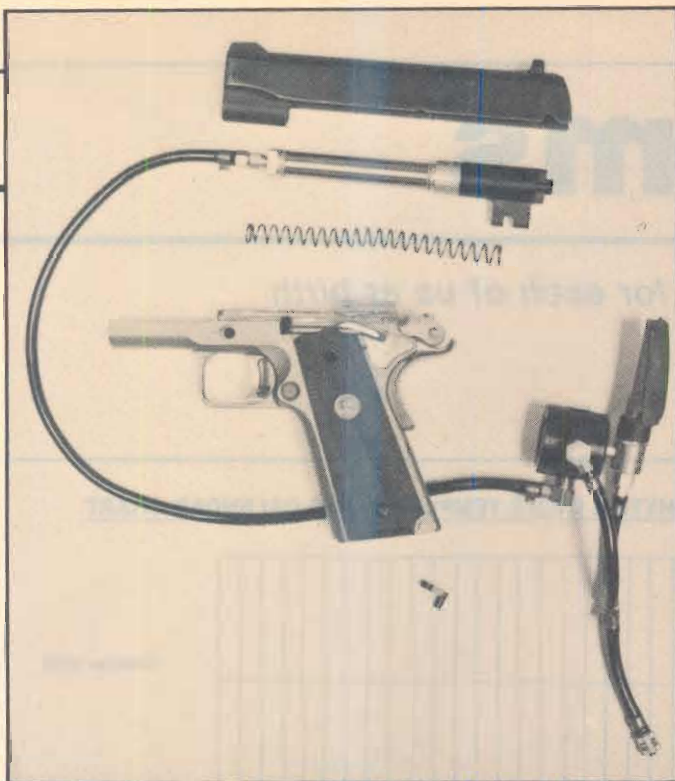
air containers, I would order one of his units with all the fittings. Ordering the unit complete can save you a lot of headaches.

No matter what your source, Witherell stresses that pressures above 150 psi should be avoided as damage to the system and personal injury may occur. Jim was also quick to point out that OXYGEN should never be used.

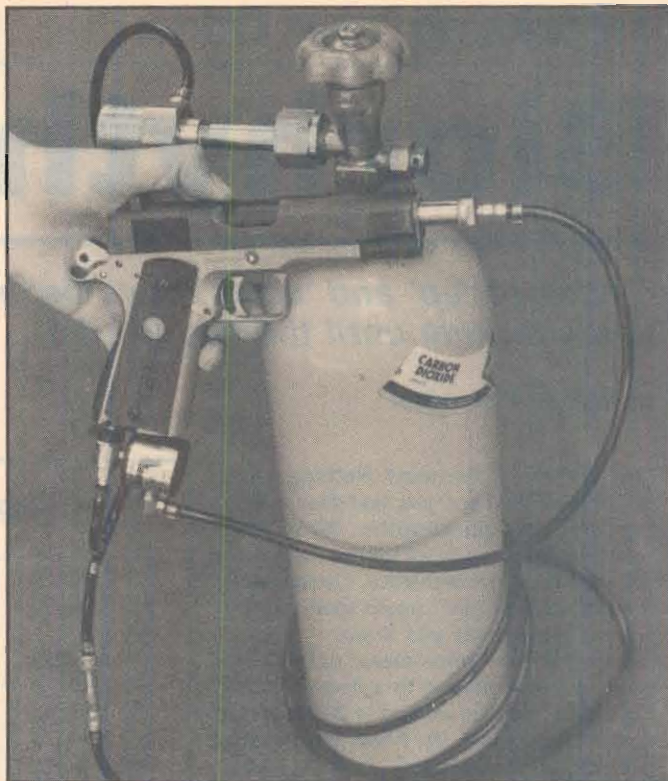
If you decide to check with Jim on tank availability, be sure to ask about his new "Carry Bottle" and black nylon belt holster. This small compressed air bottle fits to your belt allowing you complete mobility. It comes with a fill adapter and is good for about 500 shots.

Once everything is hooked up, slowly turn on the air source, check for leaks and get ready for action. Hold the gun as you

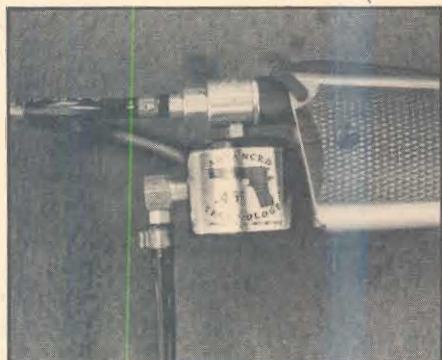




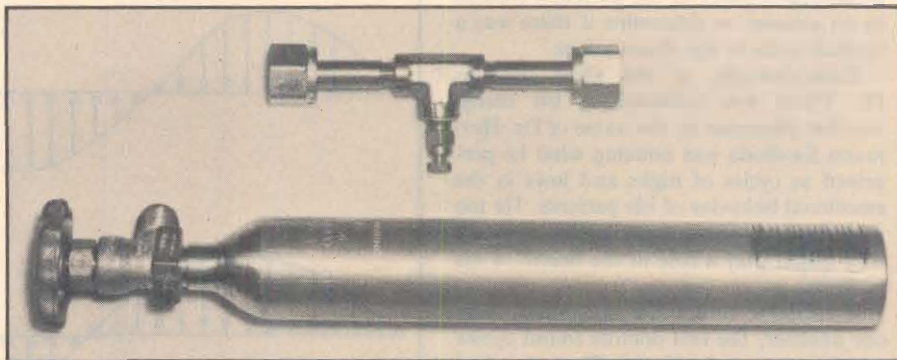
Here you can see the semi-stripped .45 ACP and replacement components. The air cylinder and spring replace stock spring and barrel. Factory bushing and plug are utilized.



Here's what the complete conversion looks like. Fitting components to pistol requires no modifications to gun and can be assembled in a matter of minutes.



New mainspring housing is held in place with plastic tab supplied in kit. Components carry a lifetime guarantee.



This new mini cylinder can be ordered complete with its own black nylon belt holster. Unit allows complete mobility and approximately 500 firing simulations. Valve assembly is for filling from larger bottle.

would regularly and fire, fire again, and again, as fast as you like. Each time you fire you are pulled off target and with practice your return-to-sight-alignment time will be reduced. Simulating actual firing the unit will also help you overcome flinch and develop trigger control. Regular practice with the Firing Simulator will increase your efficiency with your gun. Best of all is the cost which, compared to firing live ammo, is negligible. Jim states a full five-pound CO<sub>2</sub> bottle will produce approximately 32,000 firing simulations. A full charge for the bottle costs about \$4. Knocking off 32,000 rounds of live ammo at 5 cents each translates into about \$1,600! Another benefit is that you can practice virtually anywhere, home, office or anywhere you aren't apt to shock someone who thinks you're polishing up your

combat shooting in the front yard with live ammo.

As testimonial to the benefits the Firing Simulator offers to those who are serious about their shooting, the unit has been endorsed by a number of world-class competition shooters and shooting schools. A pair of the most well known individuals who swear by the simulator are Mickey Fowler and Mike Dalton. Known worldwide for their IPSC accomplishments, Mike and Mickey are also the owners and operators of the renowned "ISI" shooting school and use the simulator at the school and in personal training. According to Dalton and Fowler, the simulator is "A major breakthrough in competition training," "Puts fun back into dry firing while relieving boredom," and "Is an effective and inexpensive way for you to practice at

home for self-defense or recreation."

To say we were impressed with the Firing Simulator is an understatement. Literally thousands of simulated firings were made without a single malfunction. I realized an improvement in timing, trigger control and sight/target realignment.

Advanced .45 Technology, Inc. offers the Firing Simulator complete with a full five-pound bottle of CO<sub>2</sub> or without CO<sub>2</sub> for those who wish to supply their own power. There is a list of accessories including targets and replacement parts.

The entire kit is selling for around \$240. This kit is the way to go in our minds.

For further information on the Firing Simulator contact Advanced .45 Technology, Inc., Dept. ASG, 1031 Elder St., Oxnard, CA 93030; phone (805) 485-0113.

●



## Increasing Your Odds:

# Biorhythms

*Cycles of 'up' and 'down' days begin for each of us at birth and continue until the day we die . . .*

By Michael Pietrantonio

**H**AVING A bad day? Nothing going right? Perhaps you just feel a little "out of it," not quite together. We all have such days and usually we survive them with little effort or inconvenience. Occasionally though, an "off day" might spell the difference between life and death.

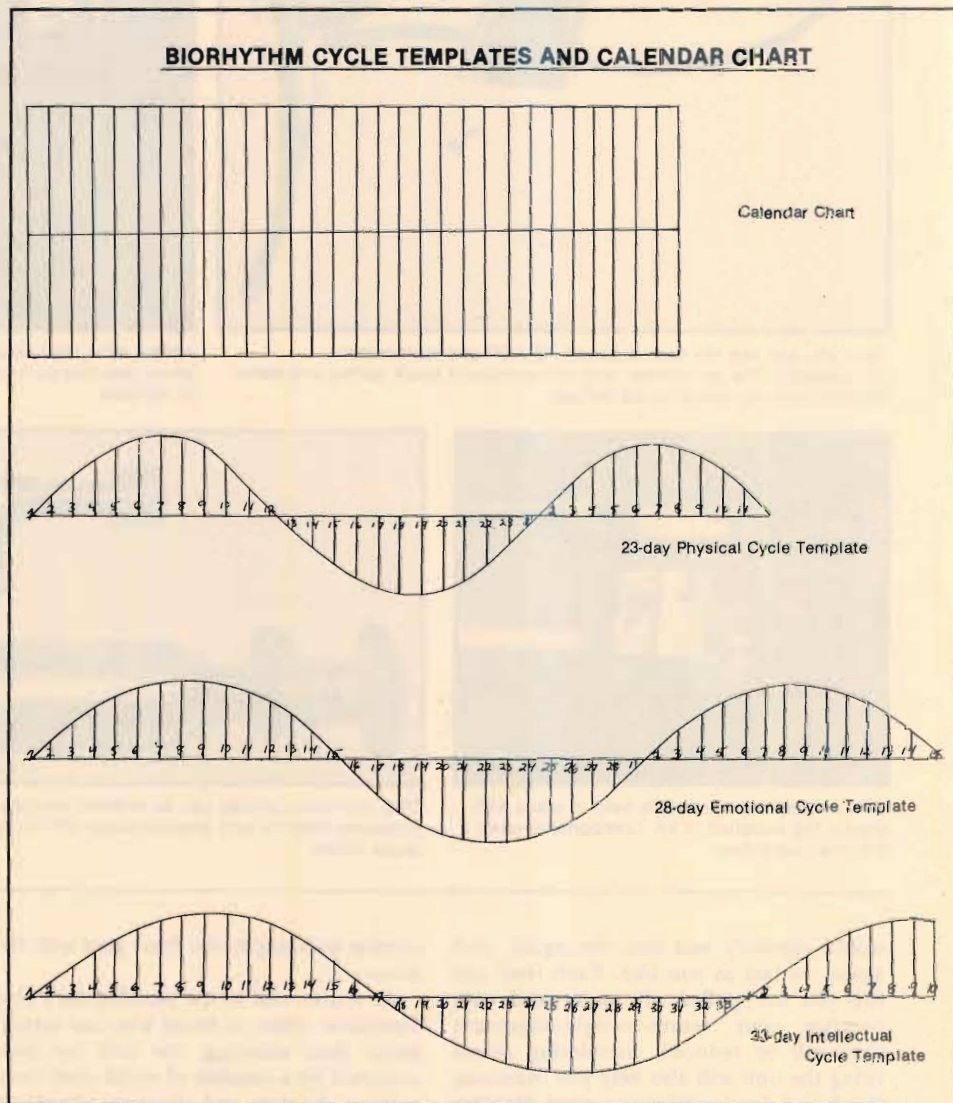
This "off day" phenomena, universal to us all, was first noticed by a doctor named Wilhelm Fliess who worked in Berlin at the turn of the century. Dr. Fliess noted that a number of his patients had recurring instances of illness and injury which were seemingly unrelated to any medications or treatments he provided. The doctor began an intensive study of his patient's records in an attempt to determine if there was a cyclical basis to his observations.

Coincidentally, at the same time as Dr. Fliess was undertaking his study, another physician by the name of Dr. Hermann Swoboda was noticing what he perceived as cycles of highs and lows in the emotional behavior of his patients. He too undertook to study these cycles to see if they might play a role in the health of his patients.

Eventually, and quite separately from one another, the two doctors found cycles which correspond with the effects they had observed. These cycles were a 23-day physical cycle and a 28-day emotional cycle. Years later a third cycle was discovered by a Dr. Teltscher when he noticed and began studying a cyclical increase and decrease in the learning ability of his students. Through his work, a 33-day intellectual cycle was found.

In putting these separate cycles together on a chart, it was found that certain key days, known as critical days, were occurring on a regular basis and that on those days, statistically, there was a greater than normal chance that the individual would have a "bad day" in the cycle or cycles which held the critical day. Thus was born the science of biorhythms.

In the past 10 or 15 years, biorhythms have been studied and used by a number of major worldwide corporations in attempts to limit accidents and boost employee productivity. As you will see later, not only corporations but governments and military establishments have also been investigating biorhythms for use by their personnel.



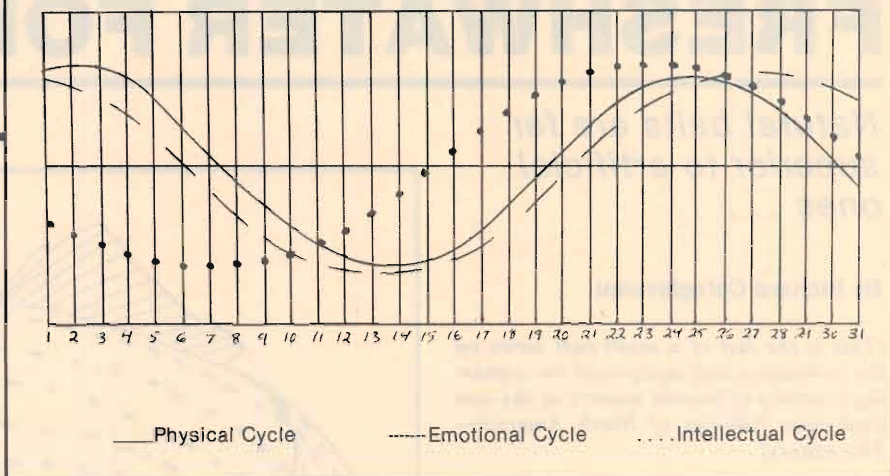
Use these templates, or copies, to plot your own biorhythms for any month you choose. Follow the directions outlined in the text.

**The Cycles**—The biorhythmic cycles, physical, emotional, and intellectual, all begin for each of us on the day we are born and continue without alteration until the day we die. It should be emphasized that biorhythms have absolutely *nothing* to do with such concepts as astrology or fortune telling, etc. Biorhythms cannot be used to

predict the future. What they are useful for is to heighten the awareness of an individual as to which days he may be more accident prone, emotionally tense, or intellectually less astute than usual. Armed with this knowledge, the individual will probably be better able to cope with his surroundings and the demands made of



## A COMPLETED BIORHYTHM CHART: AN EXAMPLE



This is the complete biorhythm chart for the example used in the text. The chart is for a birthdate of September 26, 1953, with a starting date of July 1, 1986. As noted in Step 2, on July 1, 1986 the physical cycle is in its 6th day, the emotional cycle is in its 10th day, and the intellectual cycle is in its 20th day.

him on his critical days.

The 23-day physical cycle affects your endurance, strength, energy, etc. During the first half of the cycle these traits will seem accentuated. Generally you will feel healthier during this up portion of the physical cycle. The other half of the cycle, the down half, will see a decrease in your energy and general physical performance. You may be more likely to get sick or have an accident during this phase of the cycle.

The 28-day emotional cycle, like the physical cycle, is divided into an up and a down portion. During the up half of the cycle you are likely to be cheerful, creative, and generally "feelin' good." The down portion of the cycle will see an increase in tension, nervousness, and a decline in your creativity.

The intellectual cycle is exactly what it sounds like. During the up portion of the cycle a person is generally able to learn faster and retain longer the things he has learned. Endeavors requiring logical thought processes are easier to complete during the up portion of the intellectual cycle. The down half of this cycle will have just the opposite effects of the up half. Your concentration will be harder to maintain, you will have more difficulty in learning, problem solving, and recall.

**Critical Days**—It has been found that the days when a cycle crosses the up-down boundary are days that are especially worthy of caution. These days, as you cross from the high to the low or the low to the high portions of a cycle, are called critical days. For the physical cycle the critical days fall on the first and twelfth days of the cycle. For the emotional cycle the critical days are the first and the 15th day of the cycle. The critical days for the intellectual cycle are the first and the 17th days in the cycle.

Please note once again that neither the up-down portion of the cycle nor the critical days in the cycle are predictive in nature. For example a critical day in the physical cycle does not predict any specific occurrence. It does, however, indicate that statistically you are up to five times more likely to have an accident on a critical day than on a non-critical day. By knowing beforehand which days are critical for you,

you will be able to lessen their effects by allowing for those effects in your actions.

**Who Uses Biorhythms**—As mentioned earlier a number of corporations have experimented with using biorhythms in employee assignments on critical days.

An experiment in the 1960s conducted by a safety consulting firm, R.K. Anderson Associates, Inc., involved analyzing accidents over a three-year period for industrial and manufacturing companies. Taking over 300 serious accidents that had been documented by the companies over a three-year period, Anderson Associates used the biorhythms of the employees involved in those accidents to see if there was a relationship. A startling 70 percent of those accidents were found to have occurred during a critical day of the employee involved. Later analysis using different companies and a larger accident sample showed a 90 percent correlation between the employee involved and a critical day in at least one of his biorhythmic cycles.

United Airlines has also experimented with using biorhythms to prevent accidents. One project involved over 16,000 employees drawn from various departments. Though the company refuses to release specific numbers, they have indicated that there was a noticeable drop in accidents and injuries by employees who were made aware of their critical days.

Other companies ranging from Swiss Air to the Ohmi Railway Co. in Japan have also used biorhythms to increase productivity and safety. Ohmi, for instance, started notifying bus drivers, prior to the start of their workshift, that they were having a critical day. The result was a reduction in accident rates by almost 50

percent in the first year of the experiment.

In a study undertaken on his own initiative a major in the U.S. Tactical Air Command began a review of accidents, excluding those that could be traced to mechanical or equipment failure, to see if there was a relation between the biorhythmic cycles of the pilot and the day of the accident. He found that in over 60 percent of the accidents at least two and sometimes all three cycles were in the down half phase. Further he found that almost 25 percent of the accidents occurred on a critical day for the pilot involved.

**Charting, Interpreting Biorhythms**—Preparing our own biorhythm chart is easy. We have included templates of the three cycles and a chart on which to plot them. You may want to copy the templates and chart so that you can do your biorhythms for more than one month, or so that you can chart the biorhythms of your friends or family.

There are four steps in doing your biorhythms. Along with the description of each step we have included an example for you to follow. The example assumes a birthdate of September 26, 1953, with the biorhythm chart to start on July 1, 1986.

**Step 1**—Add up the number of days you have lived from the day you were born to the day your biorhythm chart is to start.

Example: 32 years of 365 days = 11,680 days.  
Leap years extra days = 8 days.  
Days from Sept. 26 1985 to July 1, 1986 = 278 days.  
Total days lived = 11,966 days.

**Step 2**—Divide the total days lived by the length of each cycle. The result will be the number of complete cycles lived

*Continued on page 38*



## Part VI:

# FRESHWATER FORAGING

*Natural baits are far superior to artificial ones . . .*

By Richard Colagiovanni

*(This is the last of a multi-part series on the techniques and equipment for capturing a variety of protein sources in the vast freshwater fisheries of North America—The editors)*

**N**ATURE'S OWN baits provide texture (feel), scent and sight that is impossible to fully duplicate artificially. In many hook & line fishing situations these natural advantages provide the "edge" of success.

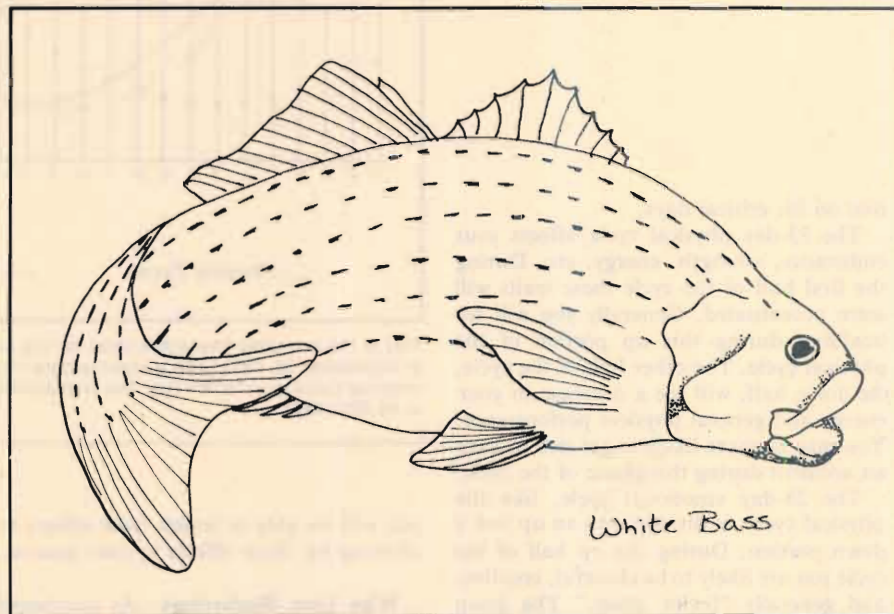
Many baits are equally or even more effective in fresh dead form. Frozen baits are useful, but usually less so. Freezing changes natural bait qualities of texture, scent and color.

Preserved baits of the "wet pack" process are excellent fish catchers. Essentially a once live bait is "put up" in glass jars for extended storage—with the aid of decay resisting chemicals. Uncle Josh Co. produces a fine product for survivalist storage—available in Shiner, Minnow, Crawfish and Cricket.

Freeze-dried baits also offer excellent fish catching and storage possibilities. Ojibway Bait Co. offers a full selection. They have perfected the freeze drying process making it possible for anglers to use natural baits anytime, anywhere, with the advantage of unlimited storage time. To prepare bait for fishing, just soak them in water for 20 to 30 minutes and they will be ready. The process of freeze drying removes all the water from the bait's body. Baits in freeze-dried form are available in the following species: Minnows (small, medium, large), Leeches, Nightcrawlers, Alewife, Golden Grubs, Waxworms.

Any item on a fish's regular feed list (menu) is potential bait for that species. Of the thousands of available baits (i.e., fish, egg, frog, insect, etc.), try to identify your region's basic varieties and learn to use them properly.

The survivalist freshwater forager should learn as much as possible about the feeding habits and food preferences of the fish sought. Learn about changes in feeding patterns from one season to another. (Many species tend to feed much less during the colder months and then feed like crazy during the warming weather of spring, slow down in the summer and feed



White Bass

in earnest in the fall.) Many fish do not feed actively during the spawning season.

Inquire with the locals about baits currently most effective for the species you're after. Do this in your own area, as well as possible distant foraging sites. A recommended procedure is to open up a captured fish's stomach and identify the feed, then try to duplicate it with similar baits.

Bait choice depends on availability. Natural cycles affect bait abundance or scarcity, such as poor breeding years and adverse environmental conditions. If a preferred bait is not available, have a second one lined up. If all "regular" baits are not accessible, experiment with whatever is available.

**Worms** (nightcrawler & garden variety) are very important for anglers due to their universal availability, attractiveness to practically all fish, and ease of capture and storage. Look for earthworms where the soil is fertile, black loam being preferred (along stream banks, under leaf piles, rotten logs, boards, stones, etc.).

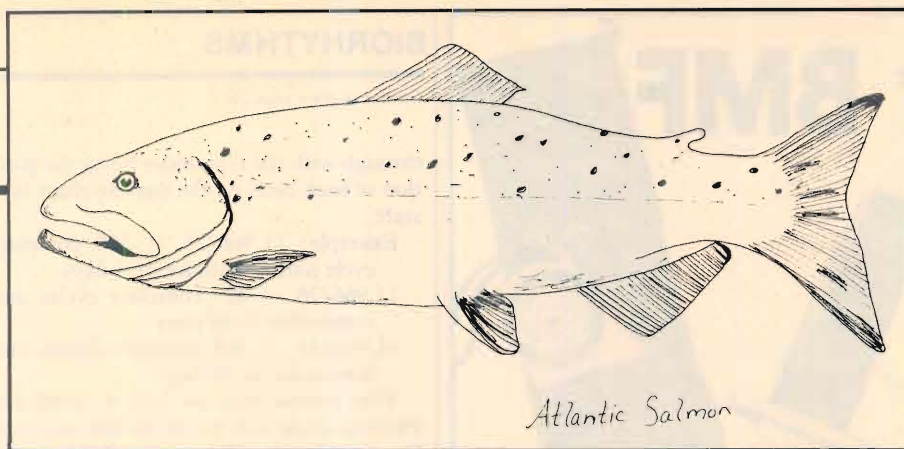
In more arid regions, the worms will be found where ground moisture still exists. If water is available, use several buckets to bring the worms closer to the surface. Wait several hours and dig up with a shovel. Everyday storage of worms can be done by placing them in a wooden crate/pail filled with slightly moistened garden loam and stored in a cool, dark place. For extended survivalist storage, they can be fed coffee grounds, bits of hard boiled eggs, or corn

meal. Worms may be "hook toughened" by placing them in dry sphagnum moss (available at plant supply houses).

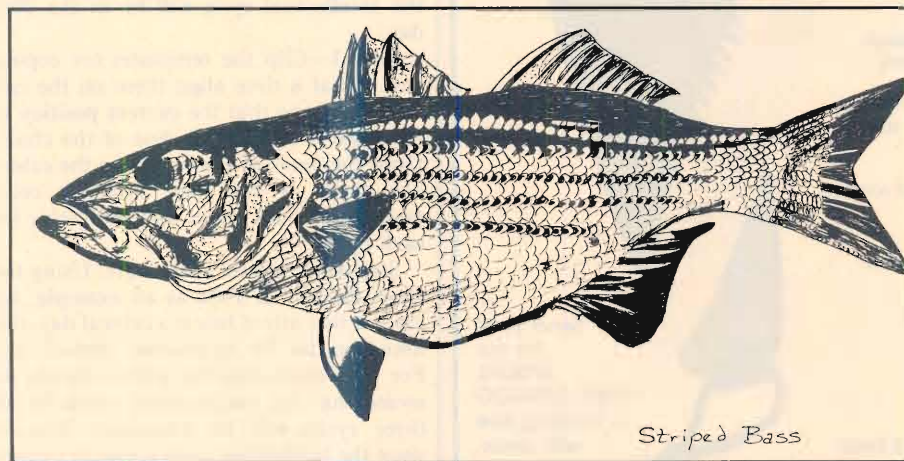
**Nightcrawlers**, the larger members of the worm family, are basically nocturnal in habits (as related to capture). Preferred locales include lawns, golf courses, etc. Look for 'em at night with the aid of a flashlight with lens covered with a thin red cloth. Since they are quite sensitive to sound and vibrations, walk quietly and slowly, sneaking up on 'em. Usually a crawler will have its rear section in the de hole. Grab them rapidly and firm. Crawlers can be stored like earthworm. Note, during springtime in temperate climates, a heavy shower will usually result a large number of crawlers about. The becomes water saturated and "flush" them out. Other harvest methods include driving a wooden stake into the ground then keep tapping it. The vibrations and the crawlers and they reveal themselves the surface. Commercially available chemicals can also "draw out" the crawlers. Crawler Caller is one, in liquid form. Mix with water and cast upon the lawn. It "flushes" 'em to the surface—day and night.

**Manure Worms** are baits readily available wherever livestock are pastured or on feedlots. In non-livestock areas, they can be attracted and propagated by "building" a mulch pile. Simply pile up dead leaves, grass clippings, old plant stalks, etc. in a flat topped heap in a shady corner of a food plot. Keep moist.





Atlantic Salmon



Striped Bass

Most worms lend themselves to fish on hooks with/without weights and in conjunctions with bobbers in so called "still fishing." Other variations include spinner, spoon and lure combinations, as well as the various hook harnesses.

**Bait fish**—minnows, shiners, small game, pan and rough fish in live and dead form are excellent fish baits. Of the approximately 200 minnow species on the North American Continent minnows are the single most important food (bait) source for larger (predatory) freshwater fish. All aquatic environs support them: large lakes, small ponds, small rivulets, brooks to huge rivers, marshes, in all water temperatures. No matter where the survivalist freshwater forager travels availability will be had. Most "minnows" vary from 1½ to 6 inches in length in most instances.

Minnow capture is possible via baited minnow traps (bread balls, cheese, etc.) set in stream/river and along pond/lake edges. Also, fine mesh cast nets, seines, lift nets excel.

Pan fish, such as bluegills, yellow perch, etc., are readily available fish baits. With these spine equipped fish, it is suggested to cut off the "threatening" dorsal spines with stout scissors, thus creating a more desirable bait to the targeted predatory fish. Immature game/rough fish varying from several inches to several feet also have

fish bait applications. In emergency foraging situations, 5- to 6-inch bass could be used to lure an 8-pound brother to the skillet. In addition, it is a common practice to entice large pike/muskies with 15- to 20-inch "suckers" live lined or rigged for casting.

Minnows may be stored in fine mesh cages submerged in stream/lakes, etc. Other enterprising anglers store them in 20- to 50-gallon fish aquariums with aerators. When using live minnows at the fishing grounds, change the water at frequent intervals to insure lively action. Change water more often in warm weather. Small battery operated aerators of the portable variety, as well as "oxygen tablets" are available for the serious live bait angler.

**Crawfish** (crayfish, crawdads, crabs) range the continental U.S. Habitats are swamp waters, rivers, streams, lakes, near and under rocks, logs, weeds, etc. Can be captured by wire style minnow traps baited with meat/fish scraps. Widen trap funnel to 2-inch diameter. Telltale burrows are marked by mounds of sand/debris. Dig them out and grab them. Watch out for pincher claw. Dip nets are also used successfully. Storage is accomplished by nesting them in dampened grass or water weeds, placed in a wooden box or pail. Hook them through the tail section and

Continued on page 44

## NEW LOWER PRICES

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## BIORHYTHMS

Continued from page 35

through with the remainder being the position of each cycle on the day the chart is to start.

Example:  $11,966/23 = 520$  complete cycle and remainder of 6 days.

$11,966/28 = 427$  complete cycles and remainder of 10 days.

$11,966/33 = 362$  complete cycles and remainder of 20 days.

This means that on July 1, 1986 the Physical cycle will be in its 6th day, the Emotional cycle will be in its 10th day, and the Intellectual cycle will be in the 20th day.

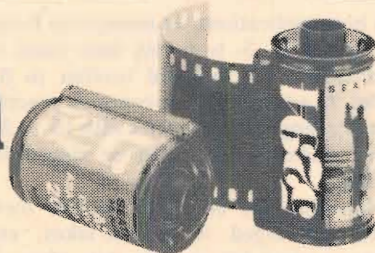
Step 3—Clip the templates (or copies) and one at a time align them on the calendar chart so that the current position of the cycle is on the first line of the chart. Draw the curve of each cycle on the calendar chart. If you have different color markers or pens use a different color for each cycle.

Step 4—Interpret your chart. Using the chart for July 1, 1986 as an example, we can see that 6th of July is a critical day, followed on the 7th by another critical day. For both these days the person should be aware that his performance levels in all three cycles will be drastically reduced since the intellectual cycle is also in a down phase. Chances of accidents for these days are markedly increased. The 15th is also a critical day especially since the two other cycles are low. The 20th is a doubly critical day worthy of extra caution. The 24th thru the 28th all three cycles are simultaneously in an up phase and this should be a very good period for this individual.

**Patterns**—Biorhythms are a tool which may help you to perform better in your daily life. They are also fun and easy to do. Biorhythms are not a mystical or occult art. They are based on the fact that all people function within various patterns. For instance each of us has an internal "clock" which dictates our "normal" sleep cycle. Should this cycle be disrupted you will definitely notice a decline in your performance during your waking hours. The female menstrual cycle also illustrates that people do indeed function in regular patterns. Biorhythms are simply an extension of this fact.

The easiest way to find out if biorhythms work for you is to make your own chart while at the same time keeping a diary or record for the time period of the chart. Note in the dairy each day whether you had a good day or bad, your physical condition that day, and your opinion of your overall performance for the day. You can then compare the biorhythms to the actual days to see if they are accurate for you. If they aren't, you have wasted very little time and no money. If they are, you have one more tool to help you survive tomorrow. ●

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Purity Pump:

# KATADYN PF

*This Swiss-made device guarantees  
bacteria-free drinking water . . .*

*Giardia lamblia* was, until recently, relatively unknown. Today, even the most remote wild water areas of all 50 states can be a source of this pathogen that has been rated as the most prevalent cause of intestinal disease by the Atlanta Center for Disease Control. No longer can it be assumed that a clear-flowing mountain stream or lake is a source of clean drinking water. To sip from an unknown water source is to gamble with *giardia* cysts which, upon ingestion, incubate for about three weeks before striking their victim with an extremely debilitating gastrointestinal illness.

Beyond being a very hazardous disease, *giardia* is extremely difficult to diagnose and requires treatment with potent drugs. So what is the alternative to contracting the disease? Chemical treatment? Boiling all drinking water, or perhaps packing-in all water? These might work, although chemical treatment and boiling will not always guarantee water free from *giardia*.

The Katadyn Pocket Water Filter (type PF) is a better answer still. This Swiss-made filtration device is smaller and lighter than many canteens, yet it can supply a clean, potable quart of water per minute.

The Katadyn Filter, available for \$150. from Provisions Unlimited, P.O. Box 456, Dept. SG, Oakland, ME 04963, has been tested and approved by an impressive list of international institutions and armed forces, from the Institute for Medicinal Microbiology, University of Zurich, Zurich, Switzerland, to Harvard University, Division of Applied Science, Sanitary Biology, Cambridge, Massachusetts. The filtration system has also been approved by the International Red Cross, Geneva, Switzerland; the World Health Organization and is being used by the armies of West Germany, Rhodesia, and South Africa.

The filtration method incorporated by the Katadyn PF is a combination of hydraulic pump and ceramic filter element. The filter is hermetically sealed and housed in a plastic cylinder. Both ends of the cylinder are metal capped, the bottom with a water intake housing, and the top, which serves as an integral part of the pump mechanism and water outlet. Connected to the bottom water inlet is a rubber tube and water strainer to allow an initial filtration of larger, heavy particles and debris before it enters the primary filter element.

The main functional filter element of the Katadyn PF is a ceramic filter candle. This ceramic element is a micro sieve with a maximum pore size less than 0.2 microns. The particulate contaminants of the water source being purified are trapped on the exterior surface of this filter.

The microporous filtration process allows for the removal of single cell bacteria, cyst forms of *shigella* and amoebic dysentery, as well as the *giardia* cysts. Because the ceramic filter element does not rely upon chemical treatments, the filtration process is complete, removing all suspended particles, regardless of conditions. A series of check valves separates the flow of polluted water from the areas of the filter and pump which produce the cleaned water. This flow separation is further ensured by the sealed filter and housing.

In the event of water flow through the filter slowing because of fine sediments from muddy water plugging the filter element, the exterior of the filter may be wiped or, if extremely dirty, brushed with the supplied brush. Brushing action upon the ceramic filter surface removes an extremely thin layer of the filter element to expose a new surface area.

Testing indicates that even under daily use by guides on the silt-laden Colorado River, the life of the filter element can be expected to exceed five years. Under less demanding conditions, the Katadyn PF can be expected to last a lifetime. Although the housing protects the filter element, careless handling can endanger the life of the filter element. If the unit is dropped, the ceramic filter may crack and break. If the filter is not disassembled to dry after use, it may develop a musty odor. Daily use does not require the drying process, but should filter use be suspended for more than two days, the element should be dried. The drying process is completed in 12 to 24 hours, depending on the ambient temperature and humidity.

Should a filter break or become unserviceable, replacement units are available from the distributor and manufacturer.

It should be noted that although the Katadyn PF is effective in removing suspended solids from water, it is unable to remove dissolved substances. Sea water cannot be desalinated, hard water isn't softened and toxic industrial wastes cannot be removed from water with the



microfiltration process.

To inhibit the growth and colonization of bacteria on the exterior filtering surface of the ceramic element, the unit has been impregnated with silver. The silver will prevent algae or bacteria from plugging up the filter pores. Although silver is used in the filter, it is in no way part of the actual filtration process.

Use and care of the Katadyn PF unit is simple. To purify water, simply place the metal strainer end of the input tube into the water source, preferably out of the mud and sedimentary silt. Place the lower end of the Katadyn PF upon the ground and position a canteen or other receptacle beneath the output spout. By grasping the pump handle, keeping the forearm rigid and pumping steadily at a rate of about 20 strokes per minute, using upper arm and back muscles, the average person, without tiring, may produce one quart of water per minute.

To care for the unit is an easy matter of placing it out to dry after use, as mentioned earlier, and occasionally lubricating the pump seals with a light coating of Vaseline. Beyond that, there is nothing to it. A word of caution, however. If, upon its very first use the owner of a new Katadyn PF might note a cloudy appearance in the water, throw away the first quart of water that passes through the filter, as it may contain loose ceramic particles remaining from initial assembly. All should be fine.

Because of the compact size and light weight of the Katadyn PF, it is ideal for backpacking and camping, as well as emergency survival situations. Only slightly larger than a regular two D-cell flashlight, the PF weighs 23 ounces, making it convenient for traveling. No longer will travelers in underdeveloped countries need to heed the sage advice, "Don't drink the water."





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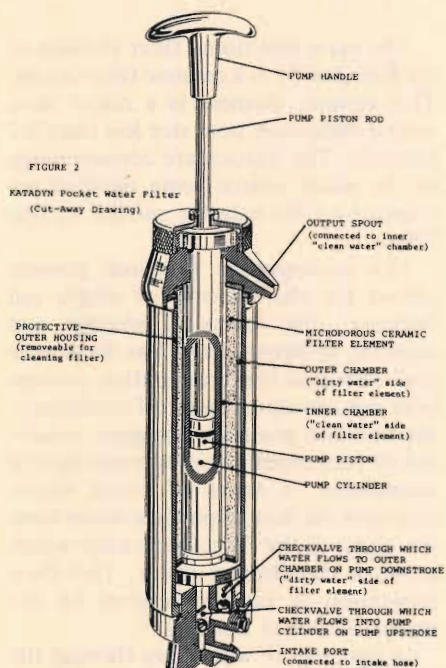
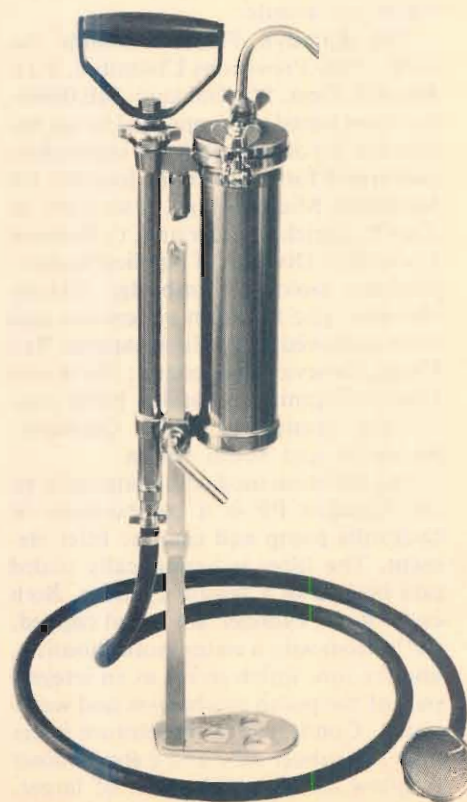
## Expedition Filter

This filter is a larger portable model suitable for houses without a water supply, expeditions and civil emergency use. Like the Pocket Filter, sterile water out-at-the-top, raw water in-through-the-bottom is a Katadyn design to minimize water handling and accidental contamination of the purified water by operating personnel. The Expedition Filter is comprised of a nickel-plated brass pump and filter housing, surface treated corrosion resistant steel stand, one No. 4 ceramic filter element and an intake hose with coarse particle strainer. Ready to use, the height can be regulated between 24" and 32". The total height ready for transport is 24".

Built to Swiss military specifications, this rugged filter can produce up to one gallon per minute of safe potable water. When output is slowed by excessive silt or algae, full flow is easily restored by wiping or brushing the filter element.

The Expedition Filter is packed in a canvas case with shoulder strap and includes a filter element cleaning brush. Total weight: 12 pounds.

**KFT—Katadyn Expedition Filter. #6010. \$475.00 ppd. Spare No. 4 Filter Element. #5010. \$60.00 ppd.**



## KATADYN POCKET FILTER

*Instantly purifies water anywhere!*

Katadyn's ceramic microporous filter technology has been in continuous production for over a half a century with over 1,000,000 filters sold. The Pocket Filter has been manufactured and sold in its present configuration for over twenty-five years.

"The effectiveness of the filters is stupendous, they are sturdy and fully capable of standing up to extreme situations. In addition, they are easy to operate and to service." Swiss Red Cross

"After two weeks, the only ones in the group that weren't sick were the two of us sharing a Katadyn Pocket Filter. Everybody else begged to borrow it the rest of the trip." International student group travelling in Africa

"We have taken the Katadyn Pocket Filter pump on the Green and Colorado River in Canyonlands National Park this past season. The filter worked well in the silt laden river." Expedition leader

"The Katadyn filter pumps are superb and served us well on the Omo River expedition. I can't imagine going on any expedition anywhere in the world outside the Arctic and Antarctic without one. They are a necessity." Yale University/ National Geographic Omo River Expedition leader

The Katadyn Pocket Filter is a Swiss-made device that clarifies raw water and instantly removes all harmful cocci, bacteria, protozoa, fungi, cysts including Giardia and parasites by microfiltration through a 0.2 micron microporous ceramic filter element. No chemicals are added or removed. A silver lining fixed to the inside of the ceramic element prevents the growth of algae or bacteria into the surface, keeping it free from contamination. Will operate many years with daily use. Full flow is quickly restored by wiping or brushing off the filter element and can be repeated hundreds of times before replacement is necessary.

The Pocket Filter is standard issue with the International Red Cross and NATO. Essential equipment for backpackers, globetrotters and survival kits. Built-in pump produces 1 quart/minute of safe drinking water. Includes carrying case, cleaning brush and instructions. 10" long, 2" diameter, 23 ounces.

**PF—Katadyn Pocket Filter. #3010. \$150.00 ppd. PFE—Spare Filter Element. #3020. \$75.00 ppd.**







## Katadyn Drip Filter

The Katadyn Drip Filter is the easiest way to produce large quantities of safe drinking and cooking water outdoors and indoors without resorting to plumbed-in filter installations. The Katadyn Drip Filter is standard equipment in Swiss Civil Defense Shelters as it effectively removes nuclear fallout debris and other similar hazardous particles such as asbestos fibers in addition to removing absolutely all free-living infectious microorganisms.

Applications are of wide scope and include:

Foreign temporary residences of diplomats, missionaries, Peace Corps workers, prospectors, geologists, engineers, professors and students on study or research assignments.

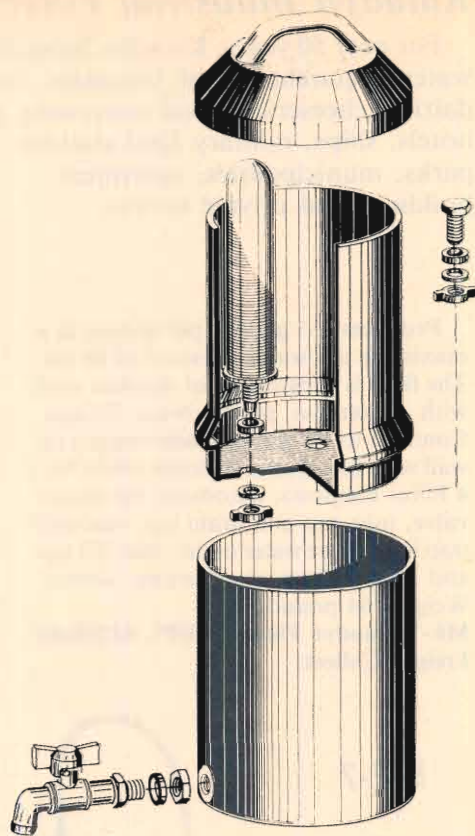
Short-term encampment sites for military troops, construction workers, scientific researchers, hunters, fishermen and outdoor enthusiasts.

Apartments where tenants are prohibited from plumbing modifications or other installations.

Country homes or remote cabins where water pressure is inadequate for plumbed-in models.

Emergency preparedness equipment in the event of natural or man-made disasters.

The Drip Filter consists of upper and lower reservoirs which stack one above the other and nest when not in use. The upper container holds up to three No. 4 filter elements which are ported through to the lower container. To use, the upper reservoir is filled with raw water which slowly filters



through the ceramic elements and collects in the lower reservoir. Purified water can then be drawn off as needed through the spigot on the lower container.

Throughput is 3 gallons per day when filled twice per day and 5 gallons per day when filled four times per day with three filter elements installed. Filtration is fastest with the top reservoir filled.

Total Height—Ready for Transport: 18". Ready for Use: 26". Diameter: 11". Capacity: 3 Gallons. Weight with three No. 4 filter elements (included): 12 pounds.

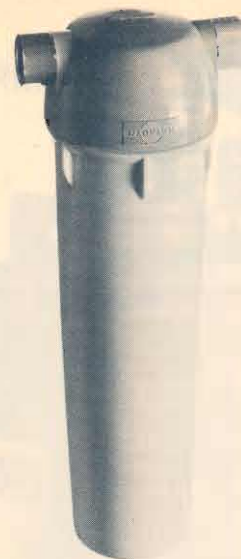
**TRK—Katadyn Drip Filter. #7010. \$225.00 ppd. Spare No. 4 Filter Element. #5010. \$60.00 ppd.**

## Katadyn No. 4 Filter Element

The Katadyn Filter Element is the only one that prevents dangerous disease causing microorganisms from growing through the ceramic material, even after many years of continuous use!

Full flow rate performance of the filter element is regenerated by simply wiping or brushing (brush supplied) the outside surface of the ceramic. Life span of the filter element depends on the frequency of brushing needed as a result of the concentration of suspended matter in the water to be disinfected and clarified. Each brushing removes a thin layer of ceramic and this process can normally be repeated hundreds of times before replacement is necessary.

**Katadyn No. 4 Filter Element with chrome-plated parts. #5010. \$60.00 ppd.**



## Katadyn In-Line Filter

The In-Line Filter is designed to be installed under the sink and will supply half a gallon of cold water per minute through one tap at a maximum allowable pressure of 88 psi. The filter housing is constructed of high quality plastic and holds one No. 4 filter element (included). For cleaning purposes the housing is removed by unscrewing it, counter-clockwise. The In-Line Filter can be installed in any position using the 1/2" gas thread connections at the base of the unit. Height: 13". Weight: 2 pounds.

**HFSK—Katadyn In-Line Filter. #8010. \$125.00 ppd.**



## Katadyn End-Line Filter

The End-Line Filter carries the same specifications as the In-Line Filter but is designed to be installed in a vertical position at the end of a 1/2" pipe line. The chrome plated brass valves allow the water to be shut off when the filter element requires cleaning. Height: 14". Weight: 4 pounds.

**HFK—Katadyn End-Line Filter. #8050. \$220.00 ppd.**



## Katadyn Industrial Filters

For over 50 years, Katadyn Industrial Filters have supplied the sterile water requirements of hospitals, laboratories, beverage companies, dairies, cheeseries, food processing plants, ice factories, restaurants, hotels, ships, military field stations, ranger stations, camps and state parks, municipalities, apartment buildings and private homes.



MF-3

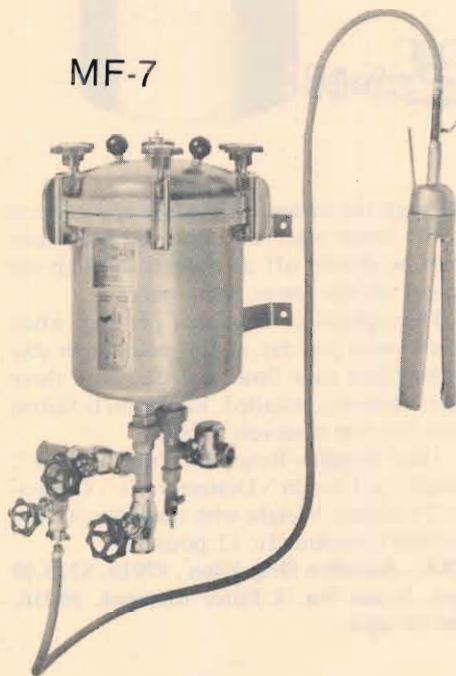
### Katadyn Household Filter

The Household Filter is designed to be plumbed in-line and will produce 2½ gallons of cold water per minute through three No. 4 filter elements (included) at a maximum allowable pressure of 88 psi. The filter housing is constructed of a high quality aluminum alloy that is plastic coated for durability and easy maintenance. The ½" gas thread outlets are located at the top of the filter with a drain tap underneath. Includes mounting bracket and hardware. Height: 21". Width: 8". Weight: 20 pounds.

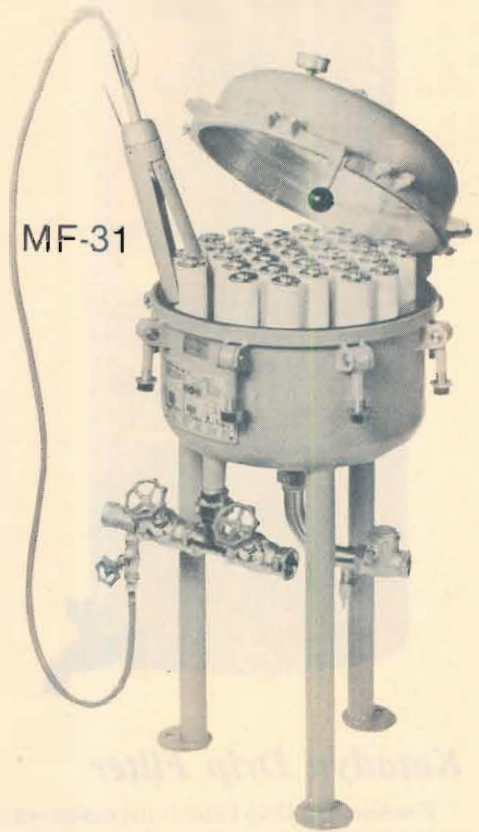
**MF-3—Katadyn Household Filter.** #9010. \$700.00 ppd. Spare No. 4 Filter Element. #5010. \$60.00 ppd.

Produces 5½ gallons per minute at a maximum allowable pressure of 88 psi. The filter is constructed of stainless steel with chromium plated brass fittings. Connects to ¾" gas pipe and mounts on wall with four bolts. Includes seven No. 4 Filter Elements, automatic air-escape valve, inlet tap and drain tap, reaction trap in the pure water outlet, shut-off tap and filter element cleaning device. Weight: 64 pounds.

**MF-7 Katadyn Filter.** #10007. \$2150.00 Freight Collect.



MF-7



MF-31

Produces 23 gallons per minute at a maximum allowable pressure of 88 psi. The filter is constructed of stainless steel with chromium plated brass fittings. Connects to 1¼" gas pipe and is anchored to the floor with 3 bolts. Includes 31 No. 4 Filter Elements, air-release valve, manometer, inlet tap, drain tap (raw water compartment), drain tap (filter water compartment), reaction trap in the pure water outlet, shut-off tap, socket wrench and filter element cleaning device. Weight: 203 pounds.

**MF-31—Katadyn Filter.** #10031.

**MF-54—Katadyn Filter.** #11054.

Detailed specifications and prices are available upon request.

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Tough Stuff:

# Pelican Cases

*For the ultimate in equipment security, check out these hard plastic cases . . .*

## Staff Evaluation

**T**HE ADVANTAGES of an unbreakable, watertight rifle or pistol hard-case are obvious. Made from structural resin, Pelican Protector Cases are designed to safely transport rifles, pistols, cameras or other valuable gear. They're foam lined, waterproof, airtight, dust proof, and feature safety locks. For aircraft transport—commercial or private, they're ideal. An O-ring sealed pressure purge valve in all cases allows quick equalization after changes in altitude or temperature.

ASG staffers tried running over the Pelican Case (18 1/2 by 15 1/4 by 6 7/8 inches) and the Pelican Long Case (51 1/4 by 15 1/4 by 6 7/8 inches) with a pickup truck, and the result was a few scratches and cosmetic dings. We don't exactly know what that structural foam resin is, but one thing's for sure—it's *tough* stuff.

Pelican cases are used by the U.S. mili-

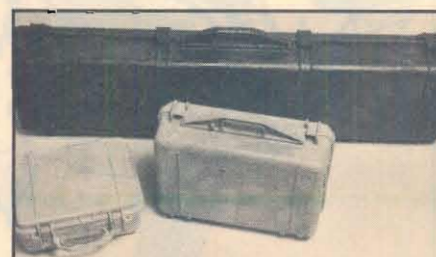
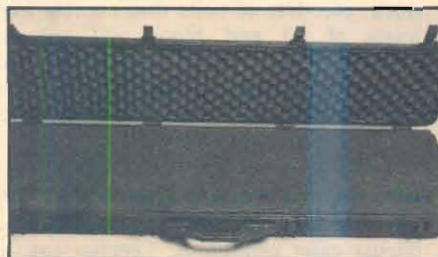
tary and NATO for transport and have seen service from the Amazon to Antarctica. The long case is ideal for transporting a hunting rifle, and, at 16 pounds, it's a heck of a lot lighter than a comparable aluminum "hard case." If the case falls overboard, a neoprene O-ring seal will keep the goodies inside high and dry. Pelican cases are fitted with studs for a nylon shoulder strap. The foam insert can be cut to fit virtually anything you'd care to fit in the case—and the company will supply replacement foam the user can keep on hand for employing with other gear.

The company can supply foam inserts in different configurations. These cases have a lifetime guarantee. For further information on the Pelican product line, contact Pelican Products, Inc., Dept. ASG, 2255 Jefferson St., Torrance, CA 90501; phone (213) 328-9910. ●



ABOVE—The ASG staff tested the Pelican Long Case and the Pelican Case for strength by running over them with a pickup truck. The cases were scraped a bit on the bottom and were bent out of shape by the weight of the truck but bounced right back without breaking.

LEFT—The Pelican Long Case is perfect for safely protecting that treasured hunting rifle.



Pelican cases are made of super strong industrial resin, and with O-ring seals they are watertight, airtight, and dustproof.



## FRESHWATER FORAGING

Continued from page 37

fish them just off bottom. If allowed on bottom they hide in rocks, weeds, etc.

**Grass Shrimp**, of the freshwater variety are excellent trout and pan fish baits. They range the bulk of temperate North America. Habitats are all types of fresh water. Capture them with fine mesh dip nets, traps, seines and lift nets. Used singularly for small fish, grouped in clusters for larger ones. Can be fished as drifted, with dobber 'stilled' fish, or added to small jigs and spinners. These critters can be fried and eaten in a survival pinch. Limited storage can be provided by damp wood shavings/sawdust in a small covered cardboard carton. Avoid excessive heat and direct sunshine.

**Terrestrial Insects**—adult and "caterpillar" stage land-based insects are baits of diversity. Either alive or dead, various ants, wasps, bees, moths, etc. hooked and fished top to the bottom of the water column will bring favorable results. A very effective "bug catcher" is the radiator core/grill found on many autos and trucks.

Carefully pry them off the grid. Crickets are easily captured by turning over old boards lying about the grounds. Or set traps by placing sections of old carpeting in areas where grass meets woodlots. Grasshoppers are tremendous stream baits for trout and smallmouth bass. Float them drift-free down the riffles into pools or in the tails of pools into the "broken" waters. To achieve a drag-free presentation, feed line manually at a slightly greater rate than stream flow. A decent summertime grasshopper trap consists of a fuzzy textured blanket spread out in a field. Walk about, stomp your feet, thus "driving" the 'hoppers on the blanket. Their horned leg protrusions will "hook" onto the blanket fuzz.

**Aquatic Larvae & Nymphs** are natural fish capture baits of numerous varieties. Hellgrammites (Dodson Flies once hatched) and countless other "nymphs" can be captured in streams via the use of a fine meshed seine or dip net "set up" downstream of submerged rocks that are

being turned over. Use hook sizes suitable to the size of larvae used as well as dimensions of fish sought.

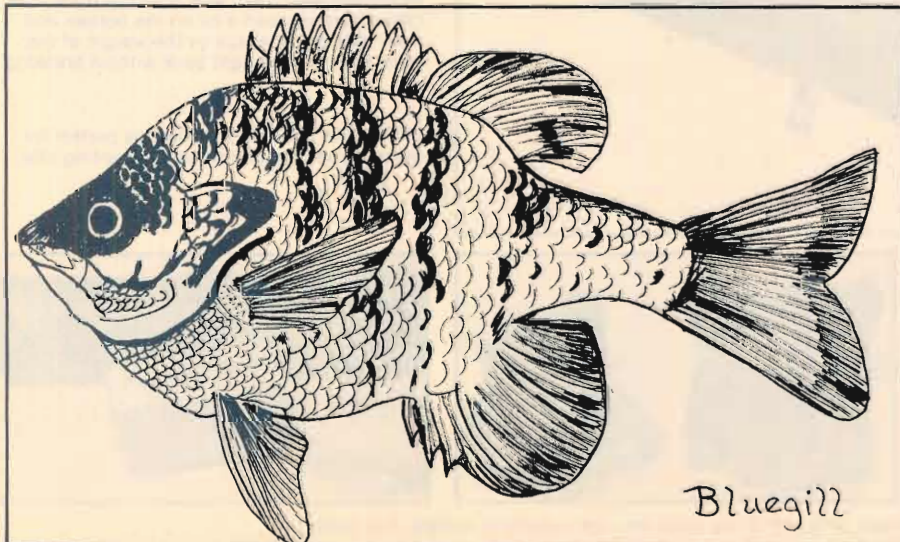
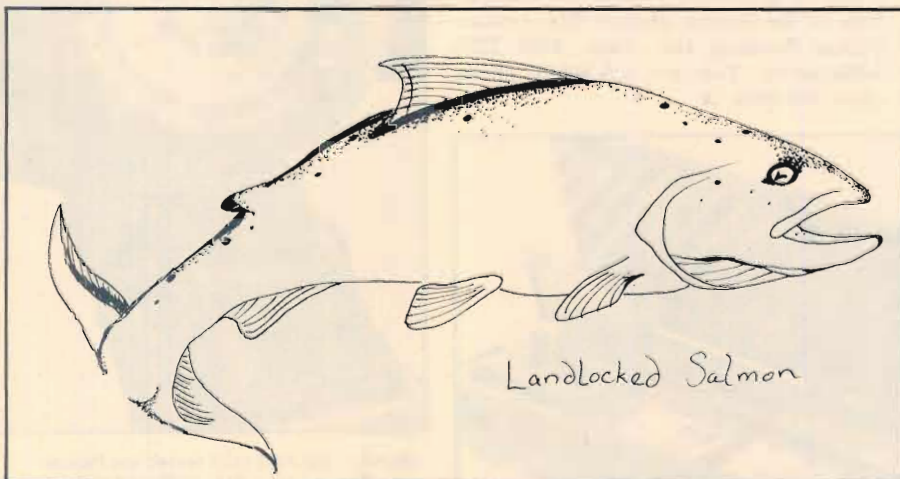
**Frogs**, the smaller ones not normally used for food consumption, are excellent seducers of medium/large predatory fish including basses, pikes, etc. Several varieties are available pretty much nationwide, including Pickerel, Green, Bullfrog and Southern Leopard. Size for bait purposes is 1 to 5 inches in length. Habitat are river, stream, lake/pond edge, marsh, etc. All species can be captured via hand or dip net, night and day. Hook & line capture is accomplished by a cane pole, equal length stout line, a size #6 to 8 daudy trout/salmon fly. Dangle the "bug" in front of 'em. Makeshift frog fly can be fabricated from a bit of red flannel, attached to a small hook.

Short-term frog storage can be accomplished by placing them in a perforated box lined with damp grass/weeds. Long-term storage is provided by a wooden box with many small holes placed partially submerged in water and filled with several rocks high enough so the frogs may sit above the water level. Weight the top of the box down heavily if in raccoon, otter or bear country. For fishing live/dead whole frogs (live preferred), hook them through the lips and gently lob cast near possible fish holding structure. A better way of deployment is to plop and skitter them around pads and stumps via a long cane or glass pole. The frog lives longer. Dead frog sections can also be "skittered" about.

**Leeches** are one of the groups of segmented worms or annelids, commonly called bloodsuckers. Leeches reach 1 to 4 inches in length and range throughout most of the continental U.S. The preferred trapping sites include smaller lakes and sloughs, as well as bays located off large impoundments. Waters with no game fish are the most productive, as the rough fish usually present don't eat them. A small farm pond with no viable fish population is worth investigation. Trapping leeches with the aid of *fresh* fish baits is recommended. Use pieces of carp, redhorse, buffalo, sucker, whitefish, minnows, other fish. In a pinch, mammal and fowl baits can be substituted, including muskrat, beaver, duck, etc. Use of baits that contain high levels of oil and blood will enhance catches. In hot weather, the longest a bait should be fished is not over 15 to 40 hours. Unspoiled bait is the most important leech trapping consideration.

Wind plays a major role in leech capture. A 2- to 6-mile-per-hour wind will disperse the bait odor over a wider area than during calm conditions. Leeches can be chummed to a specific area with the aid of a

Continued on page 60





## Triage:

# Field Medicine

*The fate of a victim suffering illness or injury is directly related to how long it takes to obtain medical care . . .*

By Michael Cammisa

**T**HE MOST IMPORTANT aspect of Disaster Emergency Medicine (DEM) is the quality of the first care rendered to a casualty in the field. The fate of a victim suffering a severe illness or injury is directly related to the amount of time it takes to obtain medical care and the thoroughness of the care that is given.

The time-lag factor between injury/illness and the acquisition of medical care will make the difference between disability and full recovery or between life and death in some situations. DEM preparedness is being able to provide *rapid* emergency medical care where it is most needed at the time.

Disaster of any kind can lead to mass casualties. As it is certain that many wounded and ill will have to wait for very long periods of time before organized medical care becomes available, the quality of emergency field medicine must be adequate to the task. To be effective, emergency field medicine must include definitive medical capability to *stabilize* the condition of the casualty so that organized medical care may be reached at a delayed point. As the capability to render definitive medical intervention is dependent on trained medical personnel and comprehensive equipment and supplies, such resources must be distributed as sensibly as possible in order that the greatest good may be done for the greatest number. This is accomplished by utilizing a system known as triage.

Triage, or urgency evaluation is designed to sort mass casualties so that expenditure of effort and supplies conforms to the prime rule of saving as many casualties as possible. Triage properly can be said to refer to the actual sorting of casualties into classifications based on immediate needs, while urgency evaluation refers to the individual assessment of each casualty's medical problem.

When a casualty is first encountered it is procedure to quickly check the extent of the situation as regards the threat to life. Conditions which immediately threaten life are treated first, with those less urgent waiting until the time is available to correct the problem. The priority of initial treatment is outlined below. It should be remembered that many procedures may be performed simultaneously if the situation permits.



Heel-of-the-hand pressure can be applied with a sterile dressing to stop or reduce bleeding.

These photos show application of a sealing dressing to a sucking chest wound.

**Urgency Evaluation Criteria:** 1. Airway obstruction and respiratory failure—Resuscitation. 2. Circulatory failure—CPR external cardiac compression. 3. Serious bleeding—Hemostatic procedures. 4. Fractures of major bone—Splinting procedures, reduction and immobilization. 5. Shock—Intravenous replacement procedures. 6. Hyper/hypothermia—Restoration of normal body temperature. 7. Serious infections—Surgical and drug management procedures. 8. Massive soft tissue trauma—Wound excision and closure procedures. 9. Other—Specialized emergencies such as sucking chest wounds, evisceration of abdominal organs, eye trauma etc., are priority situations that are below only immediate resuscitation needs.

**Immediate Care—**Once the individual casualty has been properly assessed, immediate care may or may not be required. A minor cut finger can wait for a considerable time with a first aid dressing applied without particular danger, while someone bleeding from a major blood vessel has only minutes to live if intervention is not

applied. In some situations the injury may be so severe as to preclude the expenditure of any effort other than those directed at comfort. Difficult choices often have to be made under such conditions with only "the greatest good for the greatest number" to set the guidelines. Unfortunately sentimentality has no place in the medical care of mass casualties.

The first task of the paramedic in the field is to stabilize the condition of the casualty so that definitive care may be reached later. If, for example, someone sustained an artery wound, the shock resulting from the loss of blood and the wound itself must be adequately treated before transport can take place to another location. Rough handling, often unavoidable during the transport of a casualty, is poorly tolerated by those in shock.

It is important that the cardiovascular and respiratory systems be as stable as possible before a casualty is moved. Blood pressure should be as near normal as possible and holding steady. All bleeding points must be controlled prior to transport. This is not possible in the case of

*Continued on page 64*



Affordable:

# Springfield .45

*Here's a high quality, low priced version of the 1911A1 Pistol . . .*

## Staff Evaluation

**T**HE VENERABLE Colt .45 automatic Government Model pistol is even today a much coveted item among handgun enthusiasts, despite the U.S. armed forces decision to replace it with the new Beretta 16-shot auto pistol as standard issue sidearm.

Millions of .45 Government Models have been produced since this weapon was first adopted by the U.S. armed forces in 1911. After World War I the Colt automatic was modified and adopted by the U.S. in 1926 as the Model 1911A1. This pistol is familiar to millions of Americans who have served in the armed forces as well as law enforcement personnel, and civilians who have bought and used it.

In recent years the price of a 1911A1 as produced by Colt and other manufacturers has soared due to its increasing popularity. Finding a quality Government Model at a good price has been a problem for discriminating shooters.

Now Springfield Armory, which was tooled to produce the 1911 pistol as far back as 1914, is producing a high quality M1911A1 Government Model at a reasonable price.

The new Springfield M1911A1 in .45 or 9mm is made of all forged and machined steel parts except for grips. The barrel, frame and slide are forged. It is an accurate copy of the original Government Model so all parts are interchangeable with most other 1911 models.

All Springfield Armory 1911A1 pistols come equipped with magazine, cleaning rod and brush. Other accessories are available from the factory as well as a complete inventory of parts.

Springfield Armory loaned this magazine's staff a .45 M1911A1 for testing and evaluation. The gun which arrived at the editorial offices is the standard parkerized model with black hard plastic checkered grips. Forty-five aficionados on the staff admired the gun as they looked it over. Yes, this is a very good copy of the original Colt pistol. Weight is a little over two pounds. Sights are a front blade and square notch in rear. Trigger pull is on the heavy side at some 6½ pounds or more.



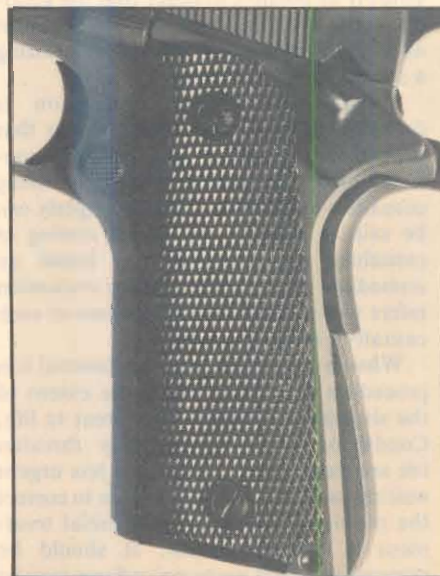
The Springfield .45 1911A1 standard model is parkerized. A blued finish is also available.

**Testing**—More than 100 rounds of .45 full metal jacketed ammunition were fired through the Springfield M1911A1 by staff members without malfunction.

The gun performed well in rapid fire exercises, ripping off eight shots in seconds, again and again.

When it came time to take the weapon to a pistol range for accuracy testing, only one staff member was available. He was not nearly as good a shot with .45 autos as others on the staff, having only fired them a few times, and this had its effect on the groups obtained at the range.

The shooter found the gun's trigger pull the heaviest of any of the .45s he has shot. He found himself getting impatient and slipping into his old, bad habit of jerking the trigger. But nevertheless he was able to place numerous shots in the center "10" ring of the targets at 25 yards. That trigger pull leaves something to be desired, he said, but it's about what one would expect in a service pistol.



The gun comes with plastic grips, like these, or wooden grips.





The gun has all steel construction. Barrel, frame and slide are forged.

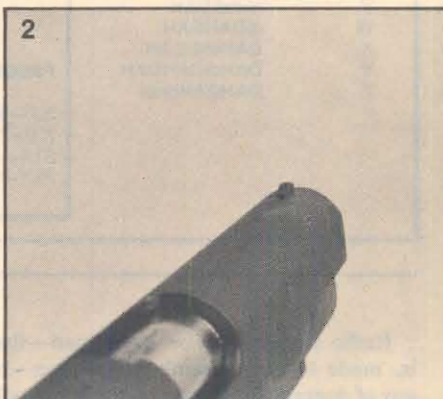


**Evaluation**—Obviously, this is no match pistol with its heavier trigger pull and standard sights. At longer ranges —out to 50 yards—this weapon would not be as accurate, out of the box, as would a Colt Series 80 Government Model. But then, it only costs about half as much.

There is no doubt on the part of staffers, however, that at 25 yards or less, this gun will do the job and do it pretty well. And with a suggested retail price of about \$280, who could ask for more?

The testor decided he would buy this gun and have some work done on it, putting on better sights and lessening trigger pull. He is confident he will be able to be as accurate out to 50 yards with the Springfield as with any other version of this world renowned pistol. But he also believes that with more practice, the out-of-the-box Springfield would provide him with just about the same accuracy, shooting from a rest, as would most other government models.

If you're in the market for a .45 Government Model at a reasonable price, check out this one. ●



1—All parts of the weapon are made to military specifications and are interchangeable with most other Government Models.



2&3—Front sight is a blade. Rear sight is a square notch.

### SPRINGFIELD ARMORY 1911A1 .45 PISTOL: TECH SPECS

Caliber	.45
Length, inches:	
Barrel	5.04
Overall	8.59
Weight, ounces	35.62
Capacity	7 in magazine, 1 in chamber
Muzzle Velocity, fps	830 (approx.)
Range, meters	1,500 maximum, 50 effective (est.)
Trigger Pull, pounds	5 to 6 1/2
Sight Radius, inches	6.481
Rifling, inches	Right hand, one turn in 16
Price, suggested	\$280
Manufacturer	Springfield Armory, Inc. 420 West Main Street, Geneseo, IL 61254, Telephone (309) 944-5631



# Self-Sufficiency Radio

*Radio doesn't depend on sophisticated, fragile switching systems and abundant electrical power . . .*

By Thomas D. Cox

**T**HIS IS the second in a two-part series of articles intended to help you add some very useful items to your communications toolbox. In the search for self sufficiency, communications is a high priority. Radio answers many needs. Radio doesn't depend on sophisticated (and fragile) switching systems and abundant electric power, as the telephone network and broadcast stations do, and each of us can own and operate a reliable and effective radio communications system without investing a great deal of money or relying on public utilities.

In the first part of this series (which appeared in last month's issue), we discussed the "terrain" in which radio communication happens: the radio spectrum. We learned that different groups of frequencies, called "bands," are of interest because equipment using one band will allow us reliable short distance communication, while other bands permit us to talk hundreds, or thousands of miles away. And we determined that more than one type of radio gear should be on hand to meet our different communications needs.

For those who missed the previous article, I recommend that you obtain a copy of *The ARRL Handbook For The Radio Amateur*, published by the Amateur Radio Relay League (Newington, CT 06111), from your local bookstore or library and read the first few chapters. The information is all there, and is presented in plain, understandable English. If you only get one book about radio communications, make it the *Handbook*. And if you have some other back issues of *ASG*, look for the August, 1985, issue. On page 46 you'll find an introduction to Amateur Radio that may help get you started.

With all the talk before about frequencies and bands, I may have left the impression that's all there is to consider when we contemplate a practical, self-sufficient communications system. Actually, there is another important factor, known as "mode."

## MORSE CODE

### LETTER SOUND

A	diDAH
B	DAHdidit
C	DAHdiDAHdit
D	DAHdit
E	dit
F	di diDAHdit
G	DAHDAHdit
H	dididit
I	didit
J	diDAHDAHDAH
K	DAHdiDAH
L	diDAHdit
M	DAHDAH
N	DAHdit
O	DAHDAHDAH
P	diDAHDAHdit
Q	DAHDAHdiDAH
R	diDAHdit
S	didit
T	DAH
U	di diDAH
V	di di diDAH
W	diDAHDAH
X	DAHdi diDAH
Y	DAHdiDAHDAH
Z	DAHDAHdit

PERIOD(.)	diDAHdiDAHdiDAH
COMMA (,)	DAHDAHdi diDAHDAH
QUESTION MARK (?)	di diDAHDAHdit
SLANT BAR (/)	DAHdi diDAHdit
ONE	diDAHDAHDAHDAH
TWO	di diDAHDAHDAH
THREE	di di diDAHDAH
FOUR	di di di diDAH
FIVE	di di di di di
SIX	DAHdi di di di
SEVEN	DAHDAHdi di
EIGHT	DAHDAHDAHdi di
NINE	DAHDAHDAHDAHdi
ZERO	dahdahdahdah
ERROR	di di di di di di di

## HF NOVICE BANDS

### FREQUENCY RANGE

3.7—3.75 MHz  
7.1—7.15 MHz  
21.1—21.2 MHz  
28.1—28.2 MHz

### BEST TIME TO LISTEN (local time)

10:00 pm—8:00 am  
7:00 pm—10:00 pm  
2:00 pm—7:00 pm  
8:00 am—2:00 pm

Radio signals may be modulated—that is, made to carry useful information—by any of dozens of different methods, usually referred to as modes. Without trying to probe the deeper technical considerations, which would leave me as lost as you, let's examine some of the possibilities, starting with the simplest and most direct.

**Morse**—Early risers may have noticed that when the local AM broadcast station first opens for business in the morning, it sometimes transmits a "carrier"—a signal without any voices or music. The only reason you know it's there is that your clock radio, which was tuned to that station's operating frequency last night before sign-off, suddenly gets quiet.

The background noise, static and ghostly voices from distant stations, that have been there since the radio clicked on this morning, suddenly disappear. In a moment the National Anthem will play, and you'll start wishing someone would bring you a cup of coffee. What you're hearing right now is an unmodulated carrier, the simplest kind of signal that a transmitter can produce.

Very soon after the pioneers of radio

managed to produce such a signal, they must have realized that the easiest way to superimpose some information on it was to turn it off and back on in a pattern that someone listening would recognize as a deliberate signal. A code consisting of short and long pulses evolved, and was named after Samuel F.B. Morse, as several preceding codes have been, back to the one Morse used to demonstrate the first working telegraph with the message, "What hath God wrought."

Outlasting several other codes, International Morse Code (commonly referred to as CW, short for "continuous wave") became the standard code for sending information by radio. Because it is so easy to produce, Morse code should be in every self-sufficient communicator's toolbox. However, some learning is required. Your brain will have to learn to associate the sounds of Morse code with the letters they represent.

This takes practice and repetition, and there seem to be some people who don't have the aptitude for it. Some very young children, however, have learned enough Morse code to pass the FCC's test for a Radio Amateur license. Morse can also be



## U.S. AMATEUR RADIO BANDS

	FREQUENCY NAME	USUAL NAME	COMMON USES
HF:	1,800-2,000 KHz	160 Meters	Range 100-10,000 Miles Voice, Morse Code, Teletype, Computer Data, Single-Frame Television
	3,500-4,000 KHz	80 Meters	
	7,000-7,300 KHz	40 Meters	
	10.10-10.15 MHz	30 Meters	
	14.0 -14.35 MHz	20 Meters	
	21.0 -21.45 MHz	15 Meters	
	24.89-24.99 MHz	12 Meters	
	28.0 -29.7 MHz	10 Meters	
VHF:	50.0 -54.0 MHz	6 Meters	Range 100 Miles—Much More With Favorable Conditions Or Via Amateur Satellite— Much Voice Communication, Especially Mobile & Portable; Repeaters Frequently Used To Increase Range; Also Morse, Computer Data, Teletype, High Quality Video, Remote Control Radio Astronomy
	144.0-148.0 MHz	2 Meters	
	220.0-225.0 MHz	1.25 Meters	
UHF:	420- 450 MHz	—	Same As Above
	902- 936 MHz		
	1,240-1,300 MHz		
	2,300-2,450 MHz		
SHF:	3.3 - 3.5 GHz		All Of The Above
	5.65-5.925 GHz		
	10.0-10.5 GHz		
	24.0-24.25 GHz		

sent without using a radio at all. Using flags, mirrors or flashlights, two people on adjacent hilltops or building roofs can pass messages in silence.

The work involved is a lot like memorizing multiplication tables: boring and repetitive. The first code "copied" will be very slow, painfully slow compared with speech. A whole system of abbreviations has evolved to compensate for this slowness, which is also useful to learn.

You can take the first step in learning Morse by listening to the very slow code sent in the Radio Amateur Novice bands on a short wave receiver. Novices are people who have earned the entry level Amateur Radio license, which allows them to transmit in Morse code on certain Amateur frequencies.

The code chart that accompanies this article gives the code characters. You'll notice that, instead of "dots and dashes," I have used "dah's and dit's" to describe the sounds. Dah (rhymes with "spa") and dit are more accurate representations of the sounds of the Morse characters, and you will learn much more rapidly if you are memorizing sounds than visual symbols.

After all, you will be hearing, not seeing Morse code on the radio. Psychologists who study the brain's function during learning believe that memorizing sounds and visual symbols utilize different parts of the brain. During World War II, when the armed forces had to teach thousands of students to read Morse at high speed under adverse conditions, sound was the teaching tool that worked best. Once you have gained some proficiency at hearing and understanding the characters, reading

them visually (sent by wigwag or flashlight) is an afterthought.

**Key**—The means of sending code by radio can be as simple or complex as you like. The simplest equipment for making a transmitter send code is the "key." A key is a spring-loaded switch that opens and closes an electric circuit. Most of us have seen a key at one time or another, at least in the movies. In Westerns, the little guy wearing the visor and sleeve garters that sits in the Western Union office taps away at a telegraph key about when the next stage is due.

A need for increased sending speed (and a rest for tired wrists) brought about complex mechanical devices with springs and counterweights that made code sending faster and easier. Another generation of development brought about electronic devices that controlled the length of dits and dahs with greater precision, and broke the speed barriers imposed by mechanical arrangements.

The most recent step was to wed the computer to the process, allowing an operator to type out a message on a typewriter-like keyboard, and let the computer translate each keystroke to the correct Morse code character. There are devices which connect a computer and a two-way radio (the way a modem connects a computer to the telephone system) so that Morse code may be not only sent, but also received and interpreted into characters that appear on a monitor or on paper in a printer.

This kind of system works better if it is "talking" to another computer, however.

Morse code sent by humans tends to have enough variations in rhythm and spacing that a computer may have some difficulty in reading it. Using a computer at each end, however, allows communication to take place at far higher speeds than humans can manage.

**AM, SSB, FM**—Scientists and engineers added another layer of complexity to radio communication with the modulation of radio signals by the human voice. The speed at which information could be transmitted was increased, however, and radio became accessible to operators who were not necessarily proficient at Morse code. The complexity results from the increased number of components in transmitters and receivers required for voice, and the increased power required by those components.

A number of methods of voice modulation have evolved, but we should know about three that have been around a while, because these are the ones we are most likely to encounter. They are Amplitude Modulation (AM), Single-sideband (SSB), and Frequency Modulation (FM). AM is used by the commercial broadcast stations that can be found along the AM dial of any radio. AM and SSB vary the strength (amplitude) of the radio signal in proportion to the amplitude of the voice at the microphone. FM varies the frequency of the radio signal in proportion to the amplitude of the voice. The difference between AM and SSB is that in SSB, only part of the AM signal is actually transmitted. This makes SSB a poor means of transmitting music, but ideal for carrying voice signals where the meaning of the message is more important than the sound of it. Also, SSB packs the signal's "information" into a narrower slot in the radio spectrum, meaning more stations can use the same band of frequencies without interfering with each other than if they used AM. Heterodyne, the whistle that results from two AM signals being heard near the same frequency, (often heard on CB when the "skip is in") is also absent from a band holding only SSB signals.

SSB is the most common means of transmitting voice signals on the High Frequency bands, where it is not unusual for the parties to a conversation to be thousands of miles apart. My HF station consists of an older model transceiver (a Kenwood TS 520) and an even older D104 microphone made by the Astatic Corporation. I'm not a collector of old equipment; this just happens to be the assortment of gear I can afford. With it and several antennas (all made of wire and salvaged pipe), I have talked with other hams (Ham Radio operators) around the U.S. and in 20 foreign countries.

However, that is not to say that hams no longer use AM, although it is no longer as popular as it once was. It is still possible to hear AM signals on the HF ham bands. In

*Continued on page 68*



Defenses:

# Gang Attacks

*The bottom line in any self-defense situation, is that you use whatever works . . .*

By Keith W. Strandberg



Stay out of your attackers' effective range or their numbers will defeat you.

**S**TANDARD MARTIAL ARTS/self defense training prepares the defender for attack by one assailant, but what happens when more than one attacks? Do the same techniques and philosophies apply? Should the same theories be used?

In a word: NO.

Having to deal with two or more attackers changes everything. Where there was a finite number of attack angles with one attacker, that number is multiplied by the number of assailants. And when the attackers know how to work together, it increases the number of variations.

Where with one attacker you could concentrate on him, letting the environment split your concentration enough to know what was going on around you, with multiple attackers you need to be aware of *everything*: the movements of all the attackers, their relationship to each other, the environment, and so on. Your perception has to change, because you can no

longer concentrate on any given thing. Your awareness must be total.

Dealing with a multiple attack demands more as well. A mistake in a solo attack can be recovered from easily, and even used to your advantage. Not so in the case of more than one attacker. In this situation, a mistake can be deadly. Your techniques have to be sharper, and you have to be able to control the situation. If you don't, it will control you.

Knowing that multiple attacks are more dangerous and demand more, what can you do to deal with one effectively? How do you prepare for such a situation?

You learn the theories behind defending yourself, then you train your techniques for use in multiple attacks, and you make your training sessions as realistic as possible to see what works.

The bottom line in any self defense situation is that you only use what works, but you use whatever works.

**Theories**—The real danger in a multiple attack situation is that the attackers will attack you from all sides at the same time. This, from an attacker's standpoint, is tough to do. Like a complex football play, it is hard to coordinate the attack so that all the attackers arrive at the same time. That is in your, the defender's, favor.

The greater the number of attackers, the harder it is for them to work together and the easier it is for you to isolate, confuse and attack.

Constant movement on your part makes it harder for them to coordinate, and it helps you stay loose and as relaxed as possible.

This constant movement serves a more concrete purpose; it allows you to make sure that there is always an attacker between you and the other attacker(s). This will insure that you are never attacked by more than one at a time, and you can attack the one in between just like any



other defense situation, because he has now been isolated.

Attack quickly and use the most devastating techniques you have. This is not the time to experiment with new techniques or to play with your opponents. You have to put them down, and put them down fast. Aim for the most vulnerable areas, use strong, simple techniques, and have no mercy. You have to make the odds in your favor, and if you are struggling with one or more of the attackers, the odds drop.

You cannot afford to wrestle with your attackers. You have to strike from barely within range, because if they get their hands on you, the sheer force and weight of numbers works against you. Keep out of their effective range unless you have to come closer to deal the knockout blow.

Use the environment. As mentioned above, the more attackers, the greater the number of attack angles possible. Your job, if the environment is willing, is to cut down the number of angles. If there is a wall directly behind you, you don't have to worry about attacks coming from behind. If you station yourself in a corner, you don't have to worry about your back or sides. Most people would be afraid to put themselves "in a corner," but this can actually be the safest and most effective place to defend yourself.

Let's say there are three attackers, and you have managed to position yourself in the corner of an alley. This cuts down the effective angles from which they can attack, and makes your defense much simpler. If they try to attack together, they will be tripping over each other because of the limited room available. When they attack one by one, which they will have to, you have evened the odds, and you can fight your way out on an even keel.

What if you're attacked in the wide open spaces? This is the worst possible, because everything is open to the attackers.

Run.

Don't be afraid to run to a spot that is better for your defense. If you're attacked in the middle of the street, run to the side and put your back against a building or a doorway. Anything that will cut down the number of angles possible should be used.

Another aspect of using the environment is to be able to use any of the weapons you might find there. Use anything, a stick, a brick, a bottle, etc. to *complement* your natural weapons. But never let these weapons limit you. A weapon in your hand can distract your opponent effectively. Just make sure it doesn't distract you and make you a poorer fighter because you are depending on the weapon.

**Psychology**—Among your attackers, there will usually be one who is the clear leader. Recognize who that person is. Talk your way to that knowledge, or just observe who is giving the orders. Once you know who the leader is, you know who you should attack first.

Why first?

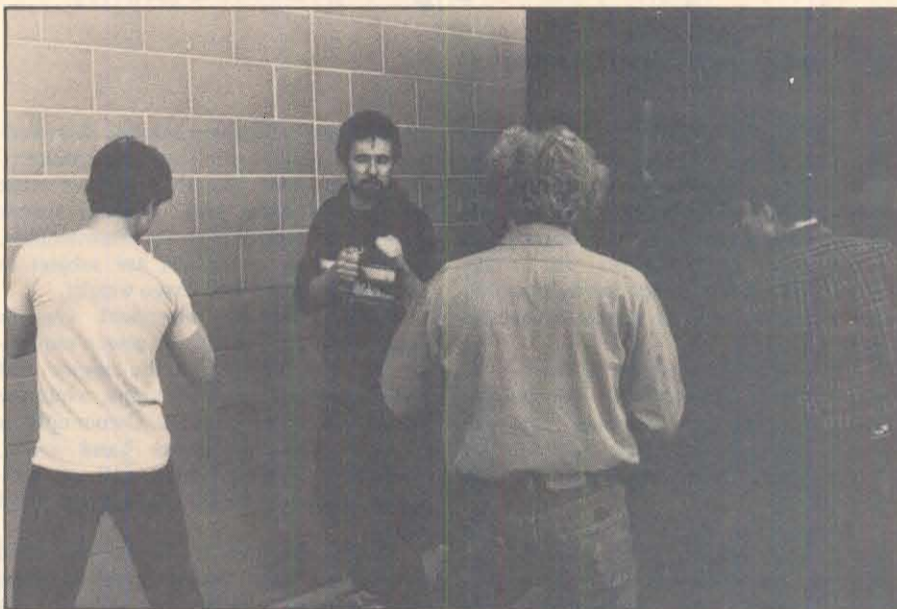
Because he is the leader, and if you take the leader away from the followers, they won't know what to do. A good example of this is when a sports team loses their coach. The team usually does much poorer, and often loses, because the guidance and motivation is gone.

The leader of a group of attackers is

usually the motivating force. The leaders decides who and when to attack, and the followers obey. Take that motivation, that command, away, and the followers are likely to give up the fight.

Having found the leader, wait for the right moment, because an aggressive

*Continued on page 72*



A corner is a safer place to defend yourself, cutting off angles of attack.



Identify the leader, then attack with devastating techniques, using surprise to your advantage.



Durable Machine:

# Badger ATV

*A 40-HP, liquid cooled engine provides plenty of power . . .*

By Gary Lacy and James Watkins

**L**ABORING VEHICULAR growls echo loudly throughout a gulch-ridden Texas woodland. Suddenly, the brush growing along a low rocky rise violently thrashes and parts, revealing a squat camouflaged multi-wheeled all terrain vehicle. The driver steers the rig downhill over scattered natural debris towards a soggy hollow.

Watery mud ooze erupts as the heavily laden vehicle impacts and protestingly forges through the bog onto the firm ground beyond. The scout leader orders a temporary halt, reaching for his transmitter.

"Alpha Two One," he calls, "this is Brave Four, mission accomplished. Requesting permission to enter base perimeter, over!" An authoritative reply crackles, "Brave Four, entrance granted. Alpha Two One out!"

Two hot, tired soldiers ride through the field perimeter security into camp. A difficult day's fatigue terminates after the team secures their equipment. The M-60 machine gun is unloaded, dismounted, and placed with unit armorers.

PFC Lacy stands admiring his all terrain creation designated "Badger." He designed the durable machine little realizing it would end up performing a freelance military role with the U.S. Army. Badger successfully participated in field maneuvers, completing all required assignments.

The military won't buy the little Badger, however local authorities acknowledge its potential. Soldiers love badger's maneuverability, the atv's compact, but agile enough to tackle terrain most heavy tracked or four-wheel drive vehicles can't—within reason.

Badger was originally designed with commercial industries, outdoors sportsmen, and the civil defense-survival markets in mind. Careful study took into account the combined economics, cargo payload potential, strength and weaknesses of currently available atvs. An easily affordable, reliably built, powerful rig was the result.

A forty-horsepower, two-stroke liquid cooled motor plant provides plenty of power. Readily available local components and simple maintenance are valuable practical assets. The two-stroke tendency to smoke is one minor performance drawback.

Badger holds an eight-gallon fuel tank,

five primary with three reserve. One-and-a-quarter gallons per hour gas consumption is the norm. The atv's distance range lies at 100 miles plus. Average speeds between 25 and 40 mph are maintainable, however these conditions are subject to prevailing terrain and cargo weight.

Three adequate electrical systems supply complete vehicular power requirements. Two units feed the engine and auxiliary needs up to 35 amps, while the third is a maintained spare. Owner options include AM/FM-citizens band radio, windshield wipers, heater, 110-volt converter, garden utensils, plus head and tail lights.

Badger possesses a low-to-the-ground wide wheel base, fitting oversized axles that combine considerable balance and durability. The machine sports eight knobby all terrain balloon tires, six-wheel drive, and a positive breaking system.

The two raised front tires free roll, stabilizing the vehicle and acting as an

additional safety factor during emergency downhill stops. Elevated front tires facilitate easy climbing over abrupt natural ground features. This remarkable atv tackles slopes of 45 degrees plus or traverses 3- to 4-foot ditches.

Truck quality steel framework supports an adequate space age poly-carbonate body. Two models, sportsmen-industrial and para-military have been designed. Their weight differential varies between 900 and a rugged 1,400 pounds on the para-military version.

Two or four passengers transporting upwards of 500 pounds of cargo, can comfortably ride Badger. A Four-post, reinforced roll bar ensures additional safety during encounters with steep, rugged terrain. The vehicle steers laterally much in the same manner as a small cat or tank.

**Reliability**—Badger's reliability proved itself for two years on all types of open terrain. Only the normal periodic drive chain



All Badger components are readily reached.





The 40 horsepower, liquid cooled engine is easily maintained.

replacement was required. It's perfectly adaptable to desert, mountain, or any terrain an atv can feasibly reach.

Stormy weather dampens any outdoors activity, especially in remote and semi-remote regions. Badger eliminates cold drenching travel miseries with its convertible canopy, windshield, wipers and heater.

The bitter cold snowy rural regions of North America support a rapidly growing population. Frequently people purchase homestead sites possessing undeveloped right of way. Considerable amounts of labor are required to keep winter roads open.

Badger's deep snow full-track capabilities make it an invaluable workhorse. The compact atv is far more versatile than snowmobiles, and definitely superior to chained four-wheel drive vehicles on off road terrain. Excellent cold weather starting plus the heater are definite survival assets.

Snowplow blade capabilities insure road access during intense winter blizzards. A rear end implement hitch facilitates practical domestic transport or other annual field chores. This includes hauling firewood, cabin logs, and plowing gardens.

Search and rescue teams would find Badger worthy on extended operational emergencies requiring an atv. The machine's ample cargo space could carry adequate radio equipment, first aid, and life sustenance needs. There are many disaster situations where an atv of this sort could save the rescuers themselves.

Severe rain storms are well known for creating travel problems, washing out sections of roads and bridges. Intense winds frequently destroy power lines, blow trees down over roads, isolating habitations or emergency relief systems.

Badger's semi-amphibious design allows activities along shallow watercourses or deep mud. Designer Laey has repeatedly

*Continued on page 62*



Raised front tires stabilize the vehicle during emergency downhill stops.



Badger possesses semi-amphibious capabilities.



Ditches pose no problem.



## Interview:

# LIVE FREE

*A conversation with the president of the oldest, largest survival organization . . .*

By Duncan Long

*(Duncan Long is a freelance writer and survivalist. Besides editing Live Free's newsletter, Directions, Long has written several books and many articles on survival topics—The Editors.)*

**P**ERHAPS the most notable large-scale survival organization is Live Free, which has managed not only to last for 25 years but to have grown from a small group of people into an international entity.

Live Free started out as an informal "survival club" in 1960 with its primary interest at the time being centered around wilderness survival and pioneer skills.

The new group quickly became established as a local National Rifle Association-affiliated "sports club" in the mid-1960s and began to expand its activities to cover disaster preparedness and general self sufficiency.

Soon, members of the group started coming into contact with other people with like interests across the U.S. and efforts were made toward organization and support of all involved.

The end result was Live Free as it is today. It was organized in 1971 and incorporated in 1974. Of special interest is the fact that many of the local members are still active after 25 years.

I conducted the following interview with James C. Jones, president of Live Free:

DL: How long did it take the organization to spread?

JJ: The organization grew very slowly through the 1960s and early 1970s because there was no survivalist media (e.g., magazines, books, newsletters, etc.) through which we could reach other survivalists, so we had to build our organization one member at a time.

In 1975, some survival-oriented publications came on the market and this allowed us to reach other survivalists and survival groups and begin to build our thin national network into a real national organization. Live Free acted as a switch board and communications clearing house for the survivalist movement at this critical time in its development.

Our main membership growth came after we began to draw the attention of the press, radio, and television in late 1980. This publicity resulted in hundreds of new members.



Realistic medical emergency drills are designed to give Live Free members hands-on training.



These members are displaying improvised fallout protection clothing.





Jones (center with hat) and other members engage in a rafting exercise on a river in Indiana.



Archery was part of the organization's training activities in the 1960s and is included in the activities of Live-Free-affiliated groups.



Members construct desert solar water stills.



Jones is questioned by the news media in a Wisconsin Forest.

DL: What lessons did you learn about starting up a survival group that might be useful to other groups?

JJ: Well, having been at this for 25 years, I guess I'd have to say that the main lesson we have learned is the importance of patience in building an organization. We also believe in having long-term "strategic" goals toward which our short-term programs are directed. Most important of all to us is the concept that every member is a true part of our team and that the organization belongs to them as much as they belong to it.

Over the years we have seen many organizations come and go. We are still here because long ago we decided that step-by-step organizational development was more important than how many members we had.

DL: How large is Live Free now?

JJ: Live Free has just over 1,000 in the U.S. with about 100 counting Canada and our growing overseas membership.

DL: What areas of the world now have Live Free members?

JJ: In addition to the U.S. and Canada, we have members in Australia, England, Belgium, Norway, and Saudi Arabia. And we have had recent inquiries from about a dozen other countries.

DL: The Live Free group has managed to grow and obtain some very good "press" in the past. What secrets could you share with other survivalists?

JJ: That's true, we have in fact been the subject of dozens of TV and radio programs and about one hundred newspapers and magazine articles. Most have been favorable toward us. We regard media coverage as an opportunity to defend the image of survivalists and bring the truth about survivalism to the general public. We are proud to be survivalists and, while we respect the power of the media, we do not fear it.

DL: How many survivalists do you think there are nationwide?

JJ: That's really a tough one. . . My best guess would be that about 500,000 people would call themselves "survivalists" in the U.S. and Canada. But I think that many more people are "survivalists" or are becoming survivalists and just don't know it yet.

DL: Do you think the negative press that survivalists have been getting will succeed in destroying the movement?

JJ: NO! I don't think that the negative press given to the survivalist movement will destroy it. In fact, right now, the survivalist movement is growing in both numbers and effectiveness. The only effect that this bad press is having is to purge the movement of weak and negative elements.

DL: Would survivalists be wise to change the name of their movement and let the "nuts" have the survivalist

*Continued on page 61*



Use Your Car/Truck:

# THE MINIBRUTE

*Save yourself energy and anxiety with this updated 12-volt powered chainsaw . . .*

By Bob Clark



I REALIZE most folks who spend their weekends stalking around the backwoods have far more important things to concern themselves with than dragging along a chainsaw. For backpackers and the like, a folding unit will do just fine. But, how about the weekend camper or individual who is outfitting his or her get-away wagon? These folks have the ability to carry such devices. Some may call it a luxury, but effort saved in one area can be put to good use somewhere else.

The unfortunate thing with most chainsaws, worth note, is they are gas operated which presents another, often hazardous, problem of transporting fuel. And what if

you get stuck for an extended period of time and run out of gas? All of a sudden that luxury item is nothing but dead weight!

Well, here's a little unit that has been perfected to the point that it deserves consideration.

The Tensen Company, in Portland, Oregon, has developed their earlier 12-volt operated chainsaw to the point of near perfection. No, it isn't designed to slash its way through the redwoods of northern California, but by simply connecting the power leads of the new "Minib brute" to your car or truck's 12-volt battery you can keep yourself in firewood and adequate

building materials for indefinite periods of time. Of course this is assuming you have taken steps to keep your vehicle's battery and charging system in proper condition.

Designed for light to medium cutting the Minib brute, with its 14-inch sprocket-nosed bar, can and will cut through logs up to 28 inches in two cuts. Naturally common sense and a little patience is called for in such instances.

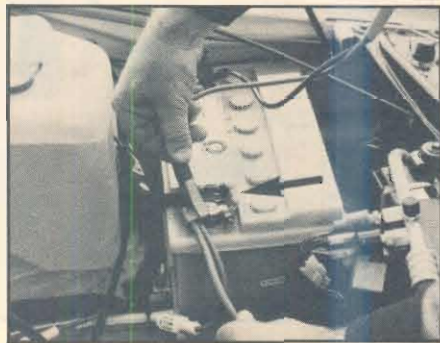
We first tried the Minib brute on standard 2x4s while connected to the battery mounted in the car, engine idling. The swiftness and ease with which it severed the wood was surprising. We turned the engine off! Once again, the 2x4 was no



RIGHT—The 12-volt powered Minibute chain-saw has a lot to offer campers and survivalists alike. Operating off an automotive battery, in good condition, the saw will meet and exceed your day to day needs.

BELOW—Power leads are fitted with clamps which simply hook to battery terminals. If need be the battery can be removed and taken to a location where cutting is to be done. This should only be attempted when the battery is in full charge condition and only for short periods of time.

BELOW RIGHT—As delivered from the factory, the Minibute is fitted with a 20-foot power cord. The lengthy cord allows for cutting within a 40-foot circle around the battery.



match. So, we took the battery out of the car and went hunting firewood. After approximately 15 minutes of cutting limbs and small logs our "Mini" was still wizzing away. Back at the truck, the battery still had plenty of energy to crank and start a very cold engine with no problems and was completely recharged in a matter of minutes, with the engine running at high idle.

For obvious reasons, the Minibute, when purchased, is not completely assembled. The car, chain, tensioner and side cover must be installed. Chain tension must be adjusted and the oil reservoir filled with 30 weight motor oil or chainsaw oil. Once assembled the saw can be connected to a 12-volt DC power source only and you're ready.

Special precautions should be taken to

protect the eyes and other body appendages. The chain must also be kept oiled and adjusted. Chain adjustment is handled simply by turning an adjuster screw while oil is delivered to the chain each time the oiler button is depressed. Simple? You bet, but once again we must emphasize the importance of following the manufacturer's instructions and taking all possible safety precautions. This is *NOT* a toy and youngsters and the uninformed should not have access to the unit. However, once mastered the Minibute will certainly make a day's work much less of a burden.

Suggested retail is \$149.94. For further information regarding the 12-volt operated Minibute contact the Tensen Company, Dept. ASG, 304 S.E. Second Ave., Portland, OR 97214; phone (503) 239-5922. ●

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## SLINGSHOTS

Continued from page 25

The second limitation is power. A slingshot will be fitted with three possible types of bands, flat, tubular (those made from surgical tubing) and the newer tapered bands. I have owned 15 different models using all types of bands and I would have no reservation of bagging squirrel, rabbit, prairie dog, crow or grouse. Bigger animals are too likely to be only wounded, so unless it was a case of facing "starvin' times" I'd steer clear of them. I have tried my darndest to shatter a concrete building block with a slingshot and even using steel ball bearings fired from the high powered Com Bow Sling have never succeeded. I selected a concrete block because I figured that if a projectile fired from a slingshot could shatter one we were talking power. It just isn't there.

The slingshot will average between 175 and 300 feet per second (fps) depending on model and band choice. This is faster than the average arrow, around 200 fps, but remember, hunting arrows kill by hemorrhage where slingshots kill game by impact (blunt trauma). Round projectiles

such as ball bearings or marbles just don't have great penetration at these speeds.

Now that I have bruised the egos of all you slingshot enthusiasts let me present the positive aspects of this tool, and stealth must surely rank at the top. Hunters wear quiet like a comfortable sweater. Let's say you are out for large game with your scoped rifle at the ready. If you are one of those fine souls who understand and honor the etiquette of the hunt then you can't bang away at grouse or rabbits with your bigbore. If you do you not only gain the enmity of fellow hunters but will alert and vanquish any shot at those trophy animals within hearing. On the other hand you can always pull out your trusty folding slingshot and feast on grouse even if you didn't see the big one.

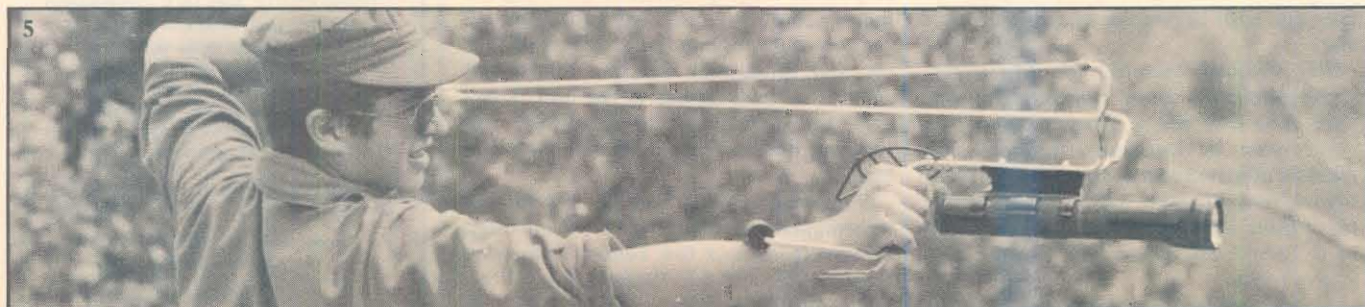
Economy is the second great advantage of the hand catapult. Except for the new Com Bow Sling, most models are relatively inexpensive, with top of the line models under \$20 and the majority under \$10. Target practice is cheap with white marbles fired at a carpet backstop with pie

plate or paper disc as a target. Roll up the rug at the bottom and the marbles will conveniently collect for reuse. The best rounds for the hunter are lead balls which you can make at home from a mold or purchase at a store that sells muzzle loading supplies.

**Selection**—If it were my choice I would select a slingshot with a folding arm brace for field use as it is both compact to transport and provides increased accuracy when firing. Models I would recommend include the Marksman Maxima, Saunders Folding Falcon, Pocket Rocket II, Barnett Black Widow and the Weber Wildcat.

Both the Aitor Jungle King II and the Jungle King survival knives have a slingshot built into the plastic handle. These are not merely for novelty either as both are powerful and reasonably accurate. Both knives also exhibit fine quality and include numerous other survival features.

This brings us to another slingshot that is in a class by itself, the Com Bow Sling. This remarkable device uses the same



1&2—The author recommends that the shooter stand at a right angle to the target and hold the slingshot either horizontally in relation to the ground, or at a 45-degree angle.

3—The Saunders Folding Falcon.

4—This shooter is firing the Sling Pistol.

5—The Goliath Slingshot can be coupled with a flashlight for hunting at night or with poor light conditions.



principle as the compound bow and the metal wings that hold the tubes allow an extra long draw, thus increasing power, the extra draw length being about 11 inches. It is available in two models, one with a metallic finish and the other a subdued black. There is a padded, fixed forearm brace. Another detail that sets the Com Bow sling apart is that it comes with two bands, one for balls and the other fitted with an adaptor that allows you to fire the three miniature arrows that accompany the Com Bow. This is the closest thing to street lethal you are going to find in a slingshot. Price depending on model is either \$48.50 or \$57.50. I give the Com Bow my highest recommendation.

The final model I will discuss is the Sling Pistol which looks like a toy and uses a pistol grip handle and a rubber nipple which is designed to fire BBs. While fun to shoot and of limited power, the Sling Pistol is used by a number of dog trainers for obedience training, simply flicking rover in the rear with a BB when wrong.

**Shooting**—I might conclude with a few words about the act of shooting. Stance is with the body at a right angle to the target with feet equally distant and weight evenly balanced in a comfortable manner. The slingshot itself is held either horizontally to the ground or at a 45-degree angle. This allows superior sight picture and brings into play more of the muscle sets in the fore and upper arms. The wrist is locked, both to stop jerking and to be more consistent. The pouch is not held at eye level when drawn but rather at the level of the hollow of the cheek. To release without jerking pretend to release a live bird from between your fingers.

As with any shooting sport, eye protection is recommended.

It is an excellent idea to purchase spare bands for your slingshot as you will go through a number of them if you get serious about shooting. It is not advisable to shoot stones or pebbles in your slingshot as they have a tendency to tear up the pouch, cut the bands and do not fly true.

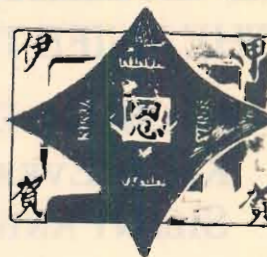
The single finest source of slingshots that I have discovered is M&M Enterprises with over fifteen different models available and numerous accessories as well as a huge selection of crossbows. Catalog costs a dollar. Their address is Dept. ASG, Box 445, Island Lake, IL 60042.

You may obtain Webber Slingshots from Weber International, Dept. ASG, Box 1039 Ellis St., Stevens Point, WI 54481.

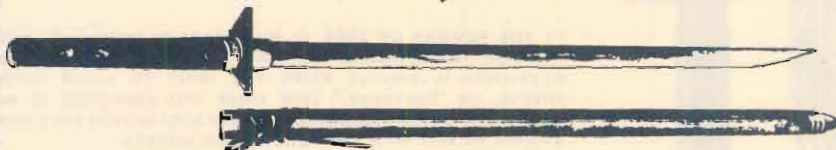
The **Alor Jungle King** survival knives are distributed by Catoctin Cutlery, Box 188, 17 South Main St., Smithsburg, MD 21783; (301) 824-7416. They can put you in touch with a local dealer. ●



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#### NJ SWORDS

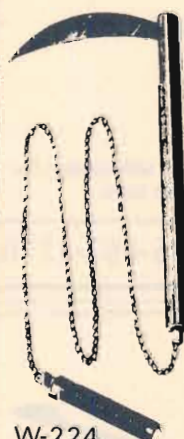
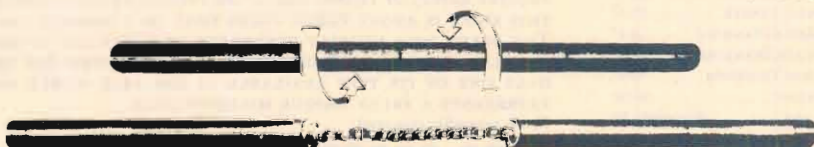
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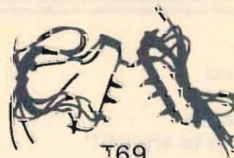
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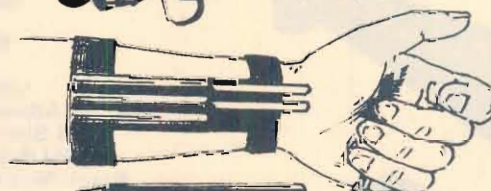
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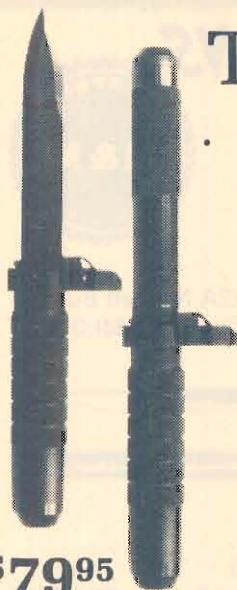
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## FRESHWATER FORAGING

*Continued from page 44*

"liquor" made from a chunk of bait mixed in a 5-gallon plastic bucket (fill with water, mash/stir up). In a boat or canoe, start upwind of your intended trapping site. As you drift with the wind towards it, ladle out the "soup" at moderate rate. If leeches are present, they will surely follow.

Trapping methods are: 1) If no leech traps are available, rub the bottom of your watercraft (boat, canoe, etc.) prior to launch with moderate amounts of fresh bait. Cruise the shallows near bogs and sticks. The leeches will attach themselves to the bottom. Back at the launch, carefully pull your craft out, turn it over and harvest them by hand. 2) Basic can (large vegetable, coffee, etc.) sunk in 2 to 4 feet of water after inserting 6 to 8 ounces of bait. Squeeze the can shut by hand. The tiny crack will provide leech entrance and prevent entrance of turtles. Use some type of buoy or marker to relocate the "can trap." This trap should be checked daily to reduce escapes. More elaborate traps may be fabricated from fine wire mesh/screening fashioned into a funnel fastened to each end of two coffee cans spot welded together (like a mini-eel pot). All metal can traps can be painted to avoid rust and detection. Paint with bottom-complementary colors).

Leeches can be readily stored in barrels or tanks of fresh water placed in cool locales.

Leeches are super baits either drifted alone or in conjunction with an artificial lure. Stream situations might entail the use of several small split shot or sinkers to get the bait down. Lakes and ponds often suggest the use of bottom bouncing jigs ranging from 1/8 to 1 ounce tipped with them. Another possibility for lakes and large streams is the slow trolling of "rigs" and "harnesses" (i.e., June Bug) or spinners (i.e., Erie Dearie) "sweetened" with these critters. Pan fish of all types, large and smallmouth bass, trout and especially walleyes and saugers devour them.

*Salmon Eggs* are displayed on small hooks and drifted to various members of the trout, char and salmon families, either singularly or in clusters. A variety of "jarred" eggs are available with Atlas or Uncle Josh Brands being effective. For survival foraging in trout/steelhead country stock up on local favorites including Uncle Josh #290, #300, Atlas #62062, #76020, #71030. Local egg color preference options include natural, orange, red, and fluorescent red. Salmon and steelhead, in many stream angling situations, will respond to eggs massed in small groupings. Tie up in small, fine mesh bags and drift them down. The addition of small split shot or sinkers might be indicated in fast flowing or deep waters.

*Continued on page 67*



## LIVE FREE

Continued from page 55

moniker?

JJ: We were "survivalists" long before these "nuts" came on the scene and started using the name. And we will be "survivalists" long after the nuts are gone and forgotten.

If we are going to panic and change the name of our movement, we would lose much of the unity and identity we have taken so long to build and a few years from now there would be "nuts" using our new name. So we would be back to where we started.

To change our name would be doing just what those who want the movement to go away want us to do. I say we should hold the moral "high ground," build our reputation, and win the public relations battle. You can't outrun nuts but you can outlast them.

DL: The Live Free group has been successful in generating interest in survival groups on a local level as well as helping small groups. What's your secret?

JJ: Before you can be successful in the development of good local interest with local survival groups, you must have an active and responsible leadership and interesting activities. Any group that contacts us and can provide these two elements gets our networking and organizational support as well as public relations help. I tell new group leaders that "people aren't going to follow you until you're going somewhere, so don't wait for members, just start with what you have and go!"

DL: Can established survival groups become affiliated with Live Free? How do they do this?

JJ: Affiliation with Live Free is somewhat like affiliation with the NRA. There is a small fee (\$5), an affiliation agreement, and some required endorsements. Of course affiliated groups get to use our insignia, have a nice certificate to hang on the wall, and—most important—get a lot of extra support on the national and regional levels.

DL: If a person wants to become active in Live Free, how do they go about doing so?

JJ: I thought you'd never ask!

They just send in \$15 to Live Free, P.O. Box 1743, Harvey, IL 60628, to become a member. There are plenty of ways to become active on the regional and national levels.

DL: What all does a person get in the way of information and benefits when they join Live Free?

JJ: Well, for starters, you get 12 months of our newsletter *Directions*, a list of companies that give discounts to Live Free members, and some other goodies. Also, you can participate in programs like our "Operation Get-Together" network, Sur-

vival/Ham Radio network, Instructor Certification, and others. Of course you can attend local and regional activities in most areas, too.

DL: A lot of survivalists are security conscious. Is the Live Free member list sold? Is it possible for Live Free members to contact each other?

JJ: Our by-laws specifically prohibit us from ever selling or giving our mailing list to anyone for any reasons. Our members can contact each other through our regionalized networking program or through letters and ads in our newsletter.

DL: What plans do you have for Live Free in the near future?

JJ: We don't think survivalists should be waiting around for the bombs to fall before they start building a better, freer world, so while we will continue to work on disaster preparedness programs, we will also be doing more work to deal with what we call "slow disasters" like those that are affecting people right now such as the unstable economic conditions, advancing technology, and the erosion of individual freedoms, to name a few. We want being a survivalist to mean you are safer, healthier, and better off so our programs and publications will be directed toward that goal.

DL: Can you tell us about some of the current activities and some that may take place in the near future?

JJ: Right now, we are working to build up our 12 regional organizations so that most of them will be able to conduct one or more regional gatherings in 1986. We are well along in planning major training activities in the West and Midwest already. We are working towards a coordinated survival event on a national or international scale to demonstrate the unity and constructive nature of survivalism.

We continue to function as a medium through which the ideas of our members can be developed into plans and the plans can find the resources to be accomplished. And this process will be producing a number of new programs in 1986 but I would rather wait 'til they are ready before talking about them.

DL: What other information would you like to share with ASG readers?

JJ: I am fortunate to receive communications from survivalists all over the world and to be in contact with many other related groups and movements so I get perhaps a better view of what is really going on than most survivalists. I would like to tell them that what they have seen so far is just the beginning. I would like to tell them that they have friends all over the world. I would like to tell them that the ideas that we call "survivalism" are spreading even as they are being developed. Believe me: You ain't seen nothin' yet! ●

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*Continued from page 53*

put the machine through every conceivable emergency scenario, searching for leads that could improve the rig's performance. Tight spot back-ups and turns pose no problem for the compact Badger.

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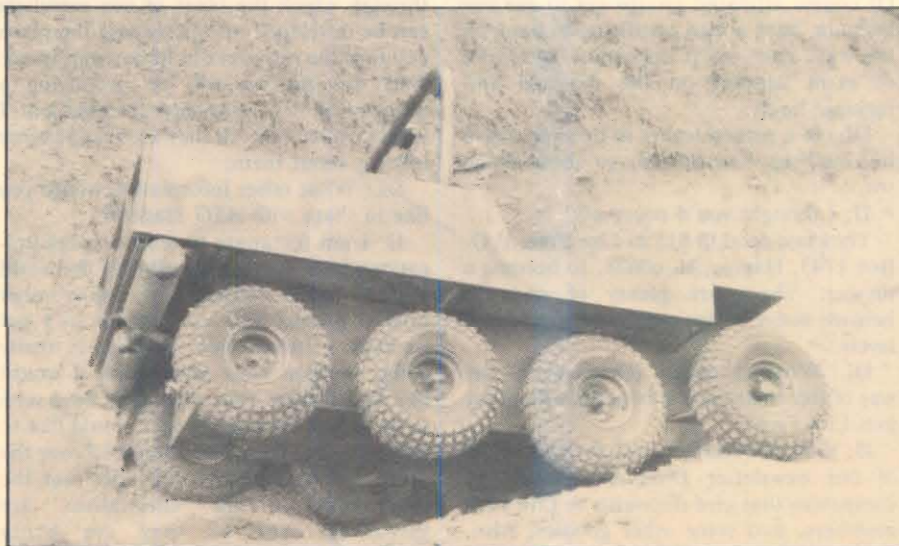
rapidly picks up speed. The dust flies behind, it feels good to have your hair in the wind. Suddenly the driver steers towards a steep hillside, the front tires stabilize the machine as the six-wheel drive digs in propelling you over rocks and logs. Fantasies of mobile survival campaigns clearly enhance the imagination.

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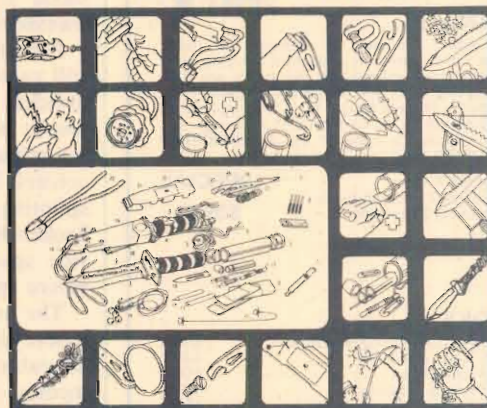
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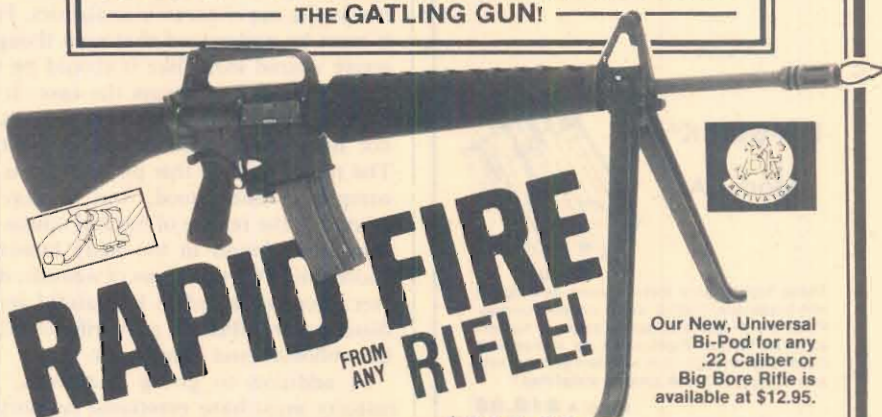
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## FIELD MEDICINE

Continued from page 45

internal hemorrhage, however. In this case ongoing intravenous replacement of lost blood volume will be necessary during transport.

Pain must be effectively controlled. Pain will cause shock to deepen and must be avoided. Unfortunately, transport often results in pain due to jarring, bumps and sometime falls. Very important to pain control during transport is the proper splinting of fractures, as any movement of broken bone fragments or failure to provide space for tissue swelling can cause severe agony.

The use of powerful analgesic drugs to relieve pain in the field is subject to considerable degree of controversy among medical professionals. Part of the arguments against pain medication administration is the fact that the most effective drugs are addicting and are strictly controlled by law. Many "pain addicts" have been created by the injudicious use of narcotic analgesic drugs. In addition, narcotics generally have the ability to depress the respiratory centers of the brain, thereby making the use of these drugs fraught with danger even in experienced hands. Clearly, no lay person should administer any narcotic analgesic to a casualty with pain.

Paramedics and other trained medical professionals must exercise extreme caution in the use of narcotic analgesics. First, it must be understood that even though a severe wound looks like it should be very painful this is not always the case. It has been learned that many severe wounds are not immediately painful after infliction. The mechanism of this phenomena is not completely understood, but it may be related to the release of natural opiate-like substances found in the body known as endorphine. Certain types of wounds, however, were observed to be painful immediately after infliction, primarily wounds of the abdomen and long bones.

In addition to giving analgesics, the casualty must have emotional support by those rendering care. Fear and agitation are not treatable with narcotics. Verbal reassurance that everything possible is being done is useful. If medication is required, the best agent to use is amytal, sodium in doses up to 60 mg intravenously (IV). A small dose of both a narcotic and a barbiturate will often be successful in calming a casualty who seems "wild with pain."

**Transport**—After the casualty has been stabilized in the field, the next problem is to transport the casualty back to camp so that definitive treatment may be given. A Stokes wire basket stretcher is the best means of moving a casualty over rough terrain. With this type of stretcher a

casualty can be secured for extrication from rock faces, gullies, etc. The wire basket construction allows for excellent support against jarring during travel. Before a casualty is placed into a Stokes, it should be thoroughly padded with blankets. If a casualty has a jaw or face wound, he should be transported lying on his stomach to allow for drainage of blood and mucus.

If a spinal injury exists, it will be necessary to completely immobilize the entire spine before transport takes place. It is desirable to transport a spinal casualty on a rigid stretcher that does not have any give at all when traveling over rough ground. If available, an immobilization stretcher which can be applied in sections under the casualty to avoid lifting should be used. Once the casualty is in place on the stretcher, straps are placed to hold the head, neck and spinal column in alignment. Casualties suffering from neck fractures (confirmed or suspected) must have a foam cervical collar placed before application of the immobilization stretcher.

Before actual transport of the casualty takes place, it is wise to check the vital signs (pulse, blood pressure, respiratory rate, and temperature) once more. Inspection should be made of IV sites to ensure the flow of the solution is correct. The circulation to extremities in splints should be checked by assessing the rapidity of the return of circulation to the nailbeds after compression. If the casualty is conscious, a final inquiry as to pain, etc., should be made. Any complaints of tight dressings, splints, etc., must be investigated.

During transport frequent stops should be made to determine how well the casualty is tolerating travel. Particular attention should be paid to blood pressure, re-bleeding wounds, as well as any changes in sensation, level of consciousness and so forth. Every effort should be made to avoid rough handling and jarring of the casualty during travel, although this will not always be possible. Those suffering from shock prior to transport should be frequently checked after a rough haul over difficult terrain.

The procedure for stabilization of a trauma casualty in the field is outlined below. These are field procedures and do not include any definitive treatments other than the placement of an intravenous needle for shock treatment. IV treatment should only be applied by a paramedic with proper training in the procedure.

I. Cardio-pulmonary Resuscitation (CPR). CPR is applied in any case which involves a failure of respiration and cardiac action. The causes of respiratory and cardiac arrest include: A) Asphyxiation. This may be the result of an actual blockage of



the air passages, or may be the result of smoke inhalation, drowning, etc. Complete arrest of respiration is immediately followed by cardiac instability that leads to total arrest of heart action. B) Poisoning. Respiratory depressant drugs such as morphine, barbituates, cocaine, etc., can completely arrest respiration by influence on the breathing centers of the central nervous system. Nerve gas, botulinus toxin and other agents are also capable of causing respiratory arrest followed by cardiac arrest. C) Shock. A low flow state of the circulatory system can result in what is known as hypovolemic arrest. This is caused by an oxygen deficit to the heart muscle. D) Cardiac or respiratory disease. This is the most common cause of complete respiratory and cardiac failure. Known in lay terms as a "heart attack," myocardial infarction (MI) is a blockage of circulation to the heart muscle. Resuscitation efforts for this condition have a success rate of about 28 percent. For those who survive the initial shock, intensive definitive care is required. Signs and Symptoms: 1. Unconsciousness; unable to be roused. 2. Absent respiration. 3. Absent pulse. 4. A lifeless appearance.

Resuscitation efforts, to be effective, must be initiated immediately upon discovering cardio-pulmonary failure. However, not every person with presumptive evidence of death should be given CPR. CPR procedures should be instituted only if: 1. Presumptive evidence of death occurs and is witnessed at the time. 2. The state and duration of biologic changes toward death of the central nervous system would not preclude a return to functional life. 3. The primary disease or injury is treatable to a point of restoration of functional life.

This last requirement of when to institute CPR is appreciably modified under survival conditions. Definitive intensive cardiac care is not likely to be available to those who suffer from cardiac disease during a disaster. Resuscitation procedures use valuable time and supplies and take considerable effort on the part of the paramedic who may have to treat multiple casualties. Some judgment must be made as to who will benefit most from CPR.

Effective CPR consists of artificial breathing and closed-chest cardiac compression. The correct method for applying these techniques may be learned at CPR courses which are taught in every large hospital throughout the country. Every member of survival group should take this training. The paramedic should always be ready to administer CPR when treating casualties in the field.

II. Hemostatic Procedures. The next priority in stabilizing a trauma casualty is

*Continued on page 70*



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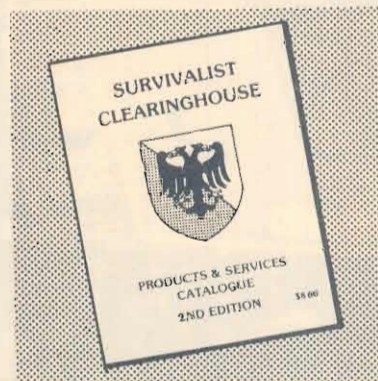


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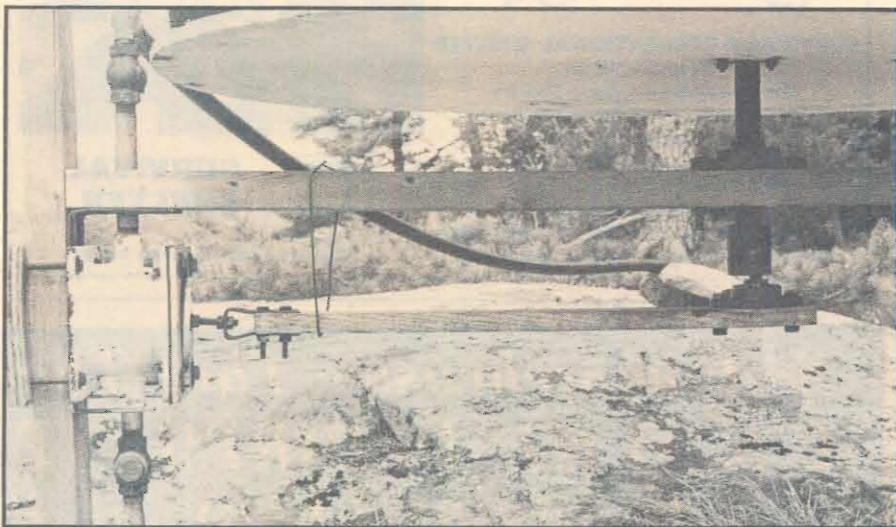
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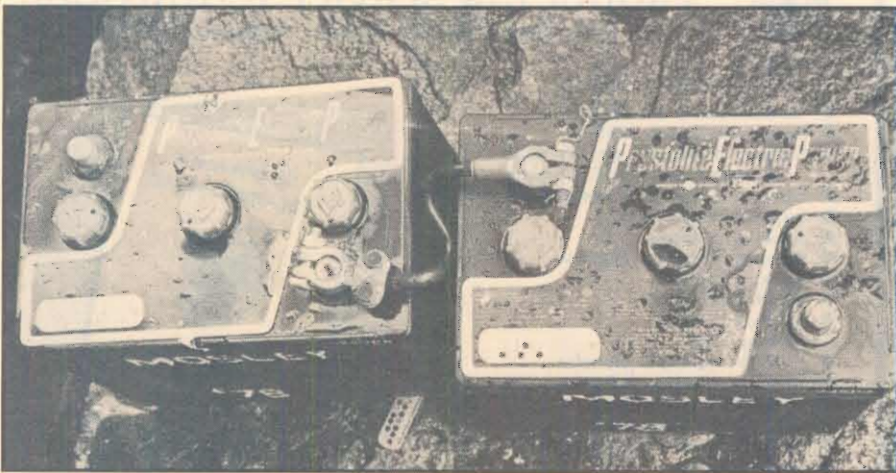


## WIND POWER

Continued from page 23



The bottom of the rotor shaft, around which the rotor is built, is connected to a bar which runs a diaphragm pump. As the rotor turns around, the diaphragm is alternately pushed in and pulled out, sucking water from the lake nearby.



These two golf cart batteries connected in series ran Mosley's power system for almost four years.

to admire his creation before wiring the control panel to the pack of batteries that power his 12-volt system.

Rather than use the fluctuating current supplied by the wind, Mosley stabilizes and stores it in two 6-volt batteries connected in series to provide 12 volts of storage. He keeps this power pack on a covered shelf just outside his cottage's kitchen door. Mosley uses deep cycle batteries such as those manufactured for use in a trolling engine of golf cart. Their advantage over automotive type batteries is that they can withstand a large number of charges and discharges. Although lower-priced, automotive batteries can't take the constant charging and discharging that a wind power system requires.

Mosley houses the batteries on an outside shelf where acid spills aren't a problem. When being charged, especially over

charged, batteries give off hydrogen and oxygen. Since both gases are volatile, it's a good idea to keep charging batteries away from any source of spark. Placing them on a well-ventilated outside shelf prevents harmful gases from escaping into the house. Since Mosley uses his 12-volt system only during the six summer months, he protected the batteries from the wind and rain, but didn't worry about insulating them. Had he been a winter user, he would have had to build a well-ventilated indoor room.

Mosley connected his two 6-volt batteries in series, using a cable to join the positive terminal of one to the negative terminal of the other. He then wired a voltmeter into his system. Mosley feels that the average voltmeter doesn't give detailed enough readings. Instead, he purchased an expanded scale voltmeter (available

from most hardware, automotive, and electronic supply stores). Such meters show only the 10 to 15 or 12 to 18 readings, precisely the figures Mosley requires.

If the needle drops toward the 10 mark, he removes the brake from his wind charger or prays for wind (not often a necessity on his wind-swept island). When it climbs towards 15, he realizes that the batteries have sufficient charge, and applies the brake.

**Free Wind**—When he first set up his wind system, Mosley was a little careless about his last step. Since he hated to see all that free wind go to waste, he allowed his wind generator to charge batteries that already had enough juice. The result was "fried" batteries. Now he turns off the generator when his voltmeter nears 15 because he knows that charging full-charged batteries will: Overheat the battery. Dry out the electrolyte (this is the sulphuric acid mixture). Generate undesirable gases. Shorten the battery's life. Not store any extra electricity.

"It's rather like being offered 50 gallons of free gasoline," Mosley explains. "The catch is that you have to put it in your Honda—all at one time. 10 to 15 gallons will be usable; the rest will be all over the ground."

Although Mosley hasn't had any problems with plugging the wrong appliance into the wrong outlet (except when his wife plugged the 120-volt vacuum cleaner into a 12-volt outlet, then wondered why she didn't have any suction), if he had to start again, he would use cigarette lighter sockets. Then, if he wired some female terminals in to this boat and cabin, his radio equipment could be used in his car, summer cottage, or cruiser. This improvement would also prevent a guest from destroying a 12-volt appliance by plugging it into a 120-volt socket.

Using cigarette lighter leads would also make it easier to use some of the many 12-volt appliances (coffee makers, bottle warmers, air pumps, spotlights, etc.) manufactured for recreational vehicle use. "Just make sure you use all American type wiring," Mosley advises. "The sizes aren't standard." ●

### SUGGESTED READING

Hackleman, Michael. *The Homebuilt, Wind-Generated Electricity Handbook*. Peace Press, 3828 Willat Avenue, Culver City, CA 90230. 1975.  
Marler, Donald. *Wind Power For The Homeowner*. Rodale Press, Emmaus, PA 1981. 1981.  
Parr, Jack. *The Wind Power Book*. Cheshire Books, Palo Alto, CA. 1981.



## FRESHWATER FORAGING

Continued from page 60

*Fresh Water Clams* (various), size 1 to 5 inches, range the bulk of U.S. excepting high mountain elevations. Habitat are streams, rivers, lakes and ponds. Suitable bait for bottom feeders such as carp, catfish, etc. Great for rod & reel, handling, and they excel as a trotline (set) bait. Clams are captured by viewing them in clear waters. Pick up by hand or dip net. Look for shell mounds of open clams on shoreline, produced by feeding activities of various animals (muskrat, raccoon, otter, mink). Clam beds or pockets of harvestable quantities should be nearby.

*Canned corn* (kernel type) can be readily used as bait and chum for trout, carp, sucker and pan fish. One or more kernels is impaled on small hook depending on size of species sought. Selected carp fishing sites (i.e., shallow muck bottom covers, etc.) can be baited by "sewing" several handfuls upon the water. The day before fishing get them primed. Trout fishermen scatter kernels while drifting (stream situation) or float ("dobber") and bottom fishing. Only use corn in trout habitated water during survival circumstances. The kernels have been known, once consumed, to block the trout's digestive track which results in a dead trout of no use but to turtles and the beginning of the food chain.

*Marshmallows* are easily stored and deployed baits for catfish, trout and carp. Either drift or bottom fish them. Cut into desired size or use whole for larger fish. A mixture of flour, peanut butter and hot water creates another trout, catfish, carp collector. Fresh moist white bread kneaded on a hook is also effective.

Other popular baits range from newts (salamanders, "hush puppies"), mice, voles, to bits of domestic/wild game and fowl. True survivalist foragers will experiment when the supply of "regular baits" is unavailable.

One major exception to fresh baits is the so called "stink baits" (rendered fowl, flesh, fish) used to attract catfish, turtles, as well as cheese based "concoctions" commercially and privately prepared for catfish (such as Uncle Josh Mr. Catfish Dip Bait).

Again the degree of sophistication used in bait gathering depends on the degree of finance, storage, mobility, terrain, manpower, etc. When freshwater foraging is considered a major protein provider in one's survival scenario plan, bait capture, storage, etc., are important points not to overlook. In severe survival scenarios, many of the various baits (minnows, worms, larvae) are edible in most cases. In one's potential survival region, take a few moments to learn and identify what items are available before it is necessary to do so. ●

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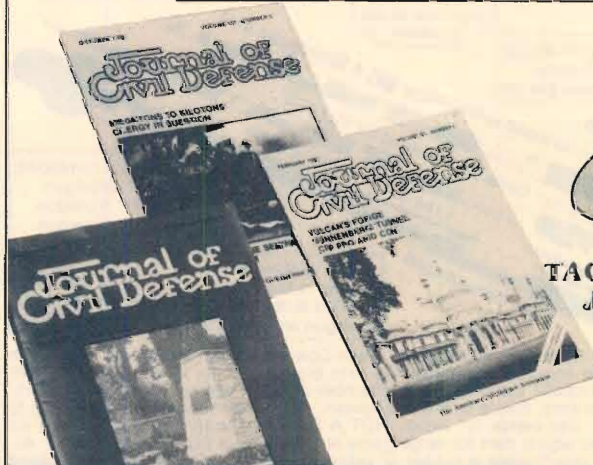
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## SELF-SUFFICIENCY RADIO

Continued from page 49

fact, a growing minority of hams are restoring vintage Amateur equipment that was manufactured 30 or more years ago to operate in the AM mode. And of course, the U.S. and many other countries broadcast news, information and music to listeners around the world in the HF bands set aside for that purpose, using AM.

FM is the mode used by almost all VHF and UHF equipment, including most taxicab and police radios. FM provides clear, easily understood voice signals at these frequencies, and FM receivers are less sensitive to interference caused by auto ignition systems and other man-made electrical noise. There's nothing in the laws of physics to prevent AM or SSB, or even Morse code from being used at VHF and UHF frequencies, but FCC regulations and other practical considerations may carry more weight. It's worth noting, though, that CW is permitted on any of the bands the FCC allows Radio Amateurs to use.

**Computers And Radios**—In recent years, computer technology has been mated to radio to produce a very exciting offspring: the ability to pass data from one computer to another using radio as the link between them. Generally speaking, anything that two computers could do over a phone link can also be done with the two computers linked by radio. Computers are practically a fixture of the average "ham shack," and many hams have linked their computers to their radios, with exciting results.

Not only can computers communicate via Morse code; they can also use their "native tongue": ASCII, the American Standard Code of Information Interchange. Using a computerized link, hams can exchange software as well as messages, loading programs off the air directly into their computers. And all the bulletin board and electronic mail functions that use telephone links can also be run over the air—without long-distance bills!

Hams also have found computers useful for other purposes not directly related to communications. Many helpful programs have been written which will assist in the design of antennas or indicate which frequency is most likely to carry a signal a desired distance, given the time of day, season, and propagation conditions.

This development is complex enough to fill another article, so I won't dwell on it here. Let's just say that the ability to send printed matter over the radio, known as radioteletype, has been enhanced enormously by the appearance of computers on the scene, and the potential of this com-



bination of technologies is so great that we are now only scratching the surface. Radio will never be the same.

**Communication**—We've covered a lot of ground. Without getting bogged down in technical details, I have tried to present a survey of the resources available for radio communication to the individual or group that doesn't want to be left helpless and isolated by events that make the public means of communicating (phones, broadcasting, etc.) inaccessible or useless.

Whether it is a large scale disaster, such as war or a hurricane; or a small, personal disaster, like a car breakdown on a deserted road, anyone who thinks about survival thinks about being able to communicate. And in everyday life, most of us have a desire to keep in touch with our friends and loved ones, and enjoy being able to exchange ideas with others who have interests like our own. By study, planning, and practice, we can all take advantage of radio's ability to get the message through. ●

### RECOMMENDED READING

THE ARRL HANDBOOK FOR THE RADIO AMATEUR  
Amateur Radio Relay League  
Newington, CT 06111

RADIO HANDBOOK  
William I. Orr, W6SAI  
Editors & Engineers Division  
Howard W. Sams & Co., Inc.  
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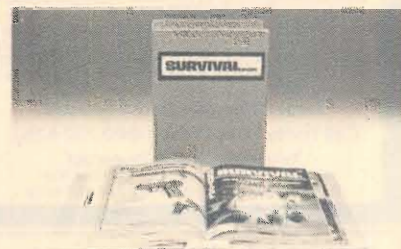
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## FIELD MEDICINE

Continued from page 65

to arrest any serious hemorrhage that may be occurring externally. This concern is next in priority provided shock from blood loss is not far advanced. Deep shock often causes a cessation of external bleeding, therefore immediate hemostatic procedures take a back seat to rapid shock treatment with intravenous infusions. As the casualty responds from shock, bleeding from wounds may resume alarming proportions.

Classifications of bleeding from wounds. 1. Arterial bleeding occurs in spurts synchronous with the pulse of bright scarlet-red blood. Exsanguination from a large artery wound can take place in five minutes or less, necessitating rapid intervention to preserve life. 2. Venous bleeding occurs in a steady stream issuing from the wound of dark colored blood. Serious venous hemorrhage can result in death very quickly also. 3. Capillary bleeding is intermediate in color and oozes from the wound. Large abrasions can result in a significant amount of blood loss.

**Stopping Bleeding**—The best and most easily applied method for arresting external bleeding is the application of pressure to the bleeding point. This is achieved most effectively where a blood vessel overlies a bony area and is relatively near the surface. Usually, a sterile dressing is used to apply manual pressure to the wound, but a bare hand can be used in an emergency. A traumatic wound is already contaminated, and most organisms on the human hand are of low pathogenicity. Aftercare, consisting of wound excision and antibiotic therapy, will treat any infection caused by unsterile hands.

Under certain conditions, bleeding may continue from a wound despite the firm application of pressure. In this event a large and deep situated blood vessel is probably wounded. This situation calls for application of a snug pressure dressing held in place with a stretchable bandage. If the dressing becomes blood soaked it should be reinforced by the application of more dressing material. Serious hemorrhage from arteries and veins can almost always be arrested by the application of a pressure dressing. The pressure on a bleeding point must be maintained for at least five minutes. The temptation to look and see if the bleeding has stopped must be restrained, as frequent removal of the pressure disturbs clot formation. If, after five minutes of manual pressure, bleeding continues, a pressure wrap should be applied. If this fails to adequately control the bleeding, more definitive measures may be necessary.

Wound packing and the application of tourniquet are last resort measures for arresting serious external bleeding. Wound packing is generally required in a

situation where effective pressure cannot be maintained because of anatomic location. In this event, sterile gauze tampons are used to directly exert pressure against the bleeding point. Unless wound packing is done properly additional trauma may be inflicted on an already damaged blood vessel. The possibility of the introduction of virulent disease organisms deep into the wound must also be considered. Wound packing should never be employed by anyone unless they are thoroughly familiar with the technique. Packing can only control bleeding for a few hours if a large vessel is injured.

The application of a constricting band around an extremity to arrest bleeding is the most misunderstood and abused hemostatic measure. Frightening arterial bleeding often provokes a first aid person to apply a tourniquet. It should be realized that a tourniquet arrests *all* blood flow through an extremity. Unless the application is properly done, severe damage to the tissues and ultimate loss of the limb may result. Once a tourniquet is applied it **SHOULD NOT** be loosened or removed until surgical control of the vessel is possible.

Some general rules to follow for the arrest of external bleeding are: 1. DO NOT apply any chemical styptics into the wound. 2. DO NOT cauterize any bleeding points as a hemostatic measure. 3. Ascertain if the casualty has a clotting disorder in the case of persistent bleeding. 4. Keep a mental note of the approximate amount of blood lost.

**III. Shock Treatment.** The next priority of stabilization is to identify and treat the condition commonly known as shock. Primarily, shock involves a decrease of circulating blood volume caused by blood loss, dehydration, fright, pain, poisons and serious infections. Many times it is a combination of these conditions that causes severe shock to develop (blood loss and severe pain for example). Signs and Symptoms: The following signs and symptoms are usually found: 1. Prostration. Consciousness is usually maintained. 2. Apprehension and restlessness. This is often a first sign of shock developing. 3. Moist, cool, clammy skin. 4. Paleness around the mouth. 5. Dull, lackluster eyes. 6. Blueness of the lips and nailbeds (except in cases of severe bleeding). 7. Pulse is rapid, feeble and of small volume. 8. Urine output is scanty or absent. 9. Blood pressure becomes progressively, and sometimes rapidly, lower. 10. Intense thirst. This is most often the most distressing problem to the casualty.

Prompt first aid must be given to a person exhibiting the above signs and symptoms. Treatment is: 1. Treatment of respiratory and cardiac arrest, control of

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## FIELD MEDICINE

gross bleeding if present and the effective relief of pain. 2. Keep the victim warm. Blankets are preferred. Do not use hot water bottles, as poor skin circulation may result in serious burns. 3. Keep the head level and elevate only the legs to a height of six inches above heart level. Exceptions to this position exist for chest and face wounds.

The above measures can be applied by anyone without the necessity of a medical background. These measures are the very first that should be applied for anyone that is injured and showing signs of shock. Severe shock requires definitive treatment with intravenous replacement of lost blood volume.

IV. Fracture Stabilization. The last priority of stabilization before casualty transport is to completely immobilize all fractures and to ensure adequate freedom from pain. Pain relief has already been covered in the beginning of this article. Splinting of fractures must be done before moving a casualty from the position he is found in. Before splints are applied it is necessary to assess the existence and location of any broken bones, severe sprains, dislocations and areas of severe swelling and discoloration. If the casualty is conscious it is an easy matter to inquire into any complaints of pain, loss of motion, sensation, etc. Investigation of the area complained of will often reveal the cardinal signs of injury to the skeletal and muscular systems. These are: 1. Pain. 2. Loss of motion. This sign is not always present in a fracture until swelling causes immobility. Initially, pain is what generally prevents motion. 3. Bruising over the site of injury. Deep swelling of the tissues may also be present. 4. Distortion of the affected part. This sign may be present in long bone fractures but may not be noticeable in fractures of the ribs, skull, etc. 5. Crepitation. A grating sound can be elicited by manipulation of the fracture site. This sign is not used at present because x-rays have made it unnecessary. Under survival conditions the elicitation of crepitation may be the only way to confirm the presence of a fracture.

Splinting Procedures. Splints are applied to prevent motion of the injured part. They can be applied for sprain and dislocations as well as for actual breaks. The best splints available for extremity fractures are the air splints. These are heavy gauge vinyl tubes designed to completely envelop an injured extremity. Once in place they are inflated and they provide a rigid, padded encasement for the limb. Expedient splints may be constructed from rifles, boards, branches, etc. They must be adequately padded and be carried far above and below the fracture to provide complete immobilization. ●

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## GANG ATTACKS

Continued from page 51



Use any and all weapons, and show no mercy.

action will come as a surprise to the people who think they are in control, then *attack*. Attack strongly and quickly, again with the techniques you do best, and put the leader down and out. Once the followers see their leader on the ground and out, they'll think twice about continuing the attack.

Let's review the major principles behind defending against a multiple attack: Iso-

late by putting one attacker between you and other attackers. Constant movement makes it harder for attackers to coordinate their attacks. Attack quickly and with devastating techniques. Stay out of their effective range. Cut down the number of attack angles available to them. Use the environment. Use any weapon you can. Recognize and attack the leader. Attack first and at an unexpected moment.

**Training**—These theories are fine when written down, but it's impossible to really understand them unless you can experience how they work. It's not exactly practical to go out looking for three or four large attackers to try out these theories. But there are ways to train that can inject the needed realism while still keeping things safe.

Find other people with the same need as you: to learn how to defend against multiple attackers. Assemble a core group of four or five people and set up training sessions with them.

At first, start out with drills using two against one, with everyone wearing heavy padding (striking surfaces as well as target areas). When in the heat of even a practice attack, things can easily get out of hand.

Start out slowly, recognizing the angles and understanding how you must move in order to isolate one of the attackers. Let your partners experiment with attack strategies while you work on the methods of defense. Then switch around so that you can be the attacker. Being a practice attacker can give you insight into the role of defender and into the vulnerabilities of the attacker.

At the beginning, you'll experience a tendency to flail and go out of control when attacked by more than one person. This is a natural reaction, one which you need to understand and control. Fighting out of control only helps your attackers, and the only way to discipline yourself and to learn to fight with control is to put your-

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## GANG ATTACKS

self in these attack situations as often as possible.

Once you start to feel comfortable with two attackers, increase the number. Keep in mind that the more attackers, the easier it is for you to confuse them. Keep on the move, searching and destroying, keeping them running into each other, frustrated and unsure.

This actual practice is vital, because it allows you to experience the situation without actually having to place yourself in danger.

Taking this one step farther, don't always practice in a gym or dojo. Go out into the real world and put yourself and your attackers into as many real situations as possible. Your mind, like a computer, benefits by these experiences because it will file it all away for future reference. Even if you aren't attacked in the exact place in which you've trained, there will be some similarities from which you can draw.

The more you experience, the more comfortable and in control you'll feel.

So, practice in a dark alley. Go outside and start the attack in the middle of a field. Try different things and see what works and what doesn't. Practice time, when you can laugh at your mistakes and start again, is the time to make those mistakes.

On your own, drill your kicks, punches and strikes at all angles. Attacks don't come only from the front. Be able to fire your techniques anywhere at any time in any combination. Train to reduce the time between seeing where the opening is and action.

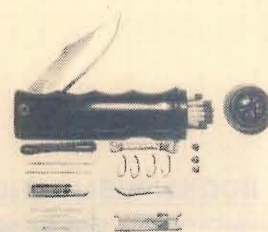
Set up targets that are at awkward angles and practice hitting them. This will help simulate the split in perception/awareness you will experience. Arrange the targets in any way, and practice going through hitting them with speed, power, while keeping yourself in balance and control.

Remember, a multiple attack situation is not the place to make a mistake. Your techniques have to be at their best, and that means practice, practice and more practice. Practice on your own, practice with your attack group, and practice in "real" environments.

**New Rules—Multiple attacks change all the rules.** Just when you thought you had this self defense game figured out, multiple attacks come along and another set of rules apply.

Still, once you master these theories and practice them in application, you can defend yourself against any number of attackers. Just deal with them one at a time. ●

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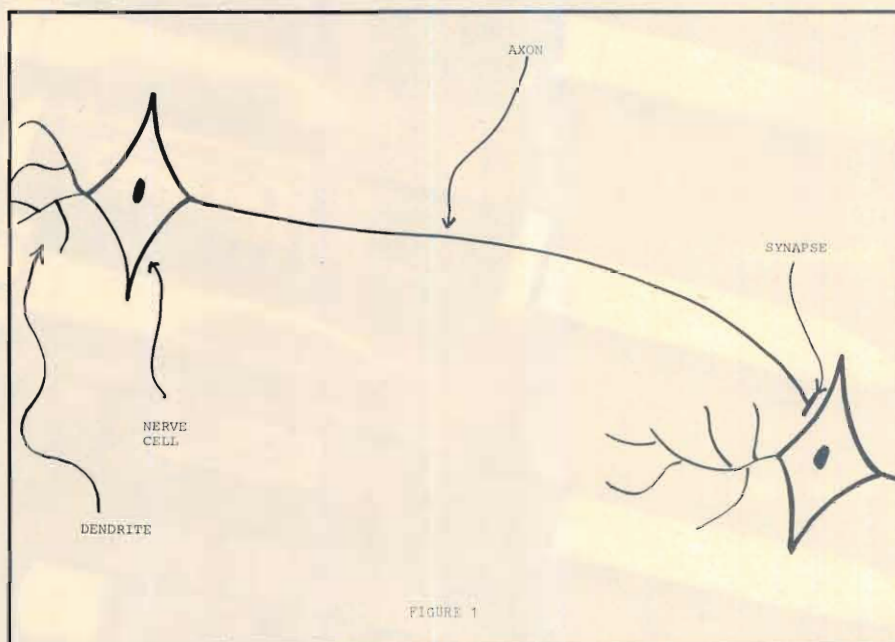
*You have just been exposed to a chemical weapon. If something is not done for you, you will likely suffer irreversible brain damage and die . . .*

By Clifford J. Sherry, Ph.D.

**W**ITHOUT WARNING, you have just absorbed less than a quarter of a teaspoon of a colorless, odorless, tasteless substance. Within minutes, your pupils constrict. Your eyes begin to tear. You begin to salivate profusely. You sweat. Your digestive system and bladder contract vigorously and you vomit, have a bowel movement, and urinate. Breathing is difficult. Your muscles twitch and you have one or more convulsions. You lose consciousness. Your breathing becomes more labored and then stops. If something is not done for you, you will suffer irreversible brain damage and die. You have just been exposed to a chemical weapon, nerve gas.

One of the real problems with nerve gas is that it is available to virtually everyone, including relatively poor and underdeveloped second and third world countries, as well as terrorist groups. The methods used to produce these weapons and/or their close chemical relatives (insecticides, etc.) are well known and often published in the "open" scientific literature. Many of the intermediates used in the production of nerve gas are commonly available since they are used to produce a variety of non-weapon products. The conversion of these intermediates to potential weapons is often relatively simple and straightforward. This conversion often does not require sophisticated laboratory equipment.

Although civilized people have tried to control the development, deployment, and use of these weapons since World War II, when they were first developed, we have been relatively unsuccessful. One recent example of nerve gas use is in the Iraq-Iran war, where Iraq has been accused of using nerve gas and the United States has refused to sell Iraq selected intermediates. There is no real reason to believe that terrorists and/or other groups will not use nerve agents. Theoretically, the threat of retaliation should prevent the use of these weapons, but this seems unlikely, since the nations or groups that are most likely to use these weapons are the ones that are least likely to perceive and/or care about



Nerve cells are connected to each other and the muscles and glands that they innervate by specialized junctions called synapses. When the nerve cell on the left is activated it generates an electrical potential, which is called an action potential. When action potentials reach the level of the synapse, they release acetylcholine. The acetylcholine moves across the open space and binds to a specialized site on the second nerve cell (right). Most nerve cells have many synapses on their surface. Normally, acetylcholine is broken down almost immediately. If organophosphates are present, they will interfere with this process and the acetylcholine will accumulate and its effects will be prolonged.

this threat. The only way to deal with the threat of nerve gas use is to be prepared!

There are a variety of nerve gases available that vary somewhat in lethality, but they share a common chemical structure. They are all organophosphates and work in the brain and nervous system.

The organophosphates interfere with the normal functioning of an enzyme (acetylcholinesterase) that breaks down acetylcholine. Acetylcholine is the chemical that is secreted by some nerves, which allows them to communicate with other nerves and/or with the muscles and glands that they control. If organophosphate poisoning occurs, then there is too much acetylcholine in and around the nerve and the muscles and glands that they control.

**Severity**—The type of nerve gas used, the concentration of the gas in the environment, the duration of exposure, and the

route of exposure (via the lungs, digestive system, or skin) determine the severity of nerve gas poisoning. For example, the lethal dose 50 percent of Sarin, one of the common nerve gases, is about 0.28 milligrams/kilogram. This means that an average adult male, who weighs about 150 pounds (68 kilograms) would have a 50-50 chance of dying if he absorbed about 19 milligrams of this gas, which is less than a quarter of a teaspoon. For someone weighing more or less than this amount, the dose level would go up or down proportionally. Children, the aged, and the chronically ill would probably be significantly more susceptible to organophosphates.

One of the problems with organophosphates is that they are colorless, odorless, and tasteless and thus are not normally detectable by human senses before a toxic level is reached and symptoms begin to appear. There are no commercially avail-





LEFT—This is an example of a commercially available mask that would provide some protection for organophosphates. The charcoal filters would have to be replaced often.

RIGHT—An example of oxime and atropine. These are the powdered form and would have to be mixed with water or saline to be used. The armed forces uses an autoinjector but these are not commercially available.



able detectors, but some animals are significantly more susceptible to organophosphates than humans. One such animal is the common canary, so it could potentially be used as a "biological" detector.

The effects of nerve gas can be decreased by appropriate masks and clothing. Unfortunately, optimum equipment is probably not commercially available and even the material available to the armed forces is not ideal. A mask or respirator is vitally important and should cover the nose and mouth. Covering the eyes would also be helpful. Ideally, it should provide some physical or chemical treatment to absorb or inactivate the organophosphates. Activated charcoal will absorb organophosphates. The M17A1 protective mask that is used by the military is available as surplus. Ordinary clothing is essentially useless, since it will easily become saturated with organophosphates. Rubberized clothing might provide some minimal protection. Any clothing that is contaminated should be removed as soon as possible. Contamination control is difficult because of methods to detect organophosphates. If M8, M8A1, or M9 papers are available in surplus, they can be used. Decontamination involves the use of supertropical

bleach, sodium carbonate, calcium hypochloride, or simple dilution with soap and water. If decontamination procedure does not destroy the organophosphates, then care must be taken to properly dispose of any waste material.

Group enclosures must either be gas tight and/or provided with positive pressure devices. Entrances and exits must be provided with an "air lock" that can be decontaminated. They must be provided with some way to provide oxygen and eliminate carbon dioxide. If the air is vented from the outside, then it must be treated to eliminate organophosphates.

**Treatment**—Unfortunately, there is no known antidote for organophosphate poisoning. The most common treatment is to inject atropine and an oxime, such as 2-PAM (pyridine-2-aldoxime methochloride). The oxime will partially re-activate the enzyme that is disrupted by the organophosphate. The atropine will cause a decrease in tearing and salivation, diminish the effects of the nerve gas on the digestive system, bladder, and lungs. Unfortunately, these will not prevent paralysis of the respiratory system. So, it is necessary to provide artificial respiration and

oxygen. It is important to inject the oxime as soon as possible after exposure since it becomes less effective as the time between exposure and injection increases. An anti-convulsant, such as Dilantin, will help to control seizures. It is important to note that the Dilantin, atropine, and 2-PAM are all prescription drugs.

Anyone who is exposed to organophosphates, even someone who absorbs much less than the lethal dose, can expect to have potentially severe problems.

If you absorb about 15 percent of the lethal dose, about 3 milligrams for an adult male, you will begin to have severe symptoms. To put that into perspective, an ordinary teaspoon holds about 4 grams, so a quarter of a teaspoon holds about 1 gram. If you divide a quarter teaspoon into 1,000 parts and save 3 of these parts, this is the approximate dose of nerve gas that will begin to cause problems. If you are exposed to organophosphates and survive, recovery may be a lengthy process. You may have changes in your emotional life, your ability to remain alert and focus your attention, and with your memory. These disorders may last for six months or more. If you have an existing psychiatric illness, it will probably be made worse. ●



M85:

# Solar Generator

*An answer to battery failure in the field . . .*

By Gene Rogers

**E**ARLY in the existence of our survival group, during the first training sessions, it became obvious that two-way radio communication would be absolutely imperative for us to be effective as a team.

Two of our members volunteered to explore the market for suitable equipment, and made a logical decision. The radios we ultimately procured were well suited to the purpose: tough, easy frequency change, receptacles for external microphone and headset, operable by internal battery or external power source. Just what the doctor ordered, right? Well, almost. We had overlooked an important detail.

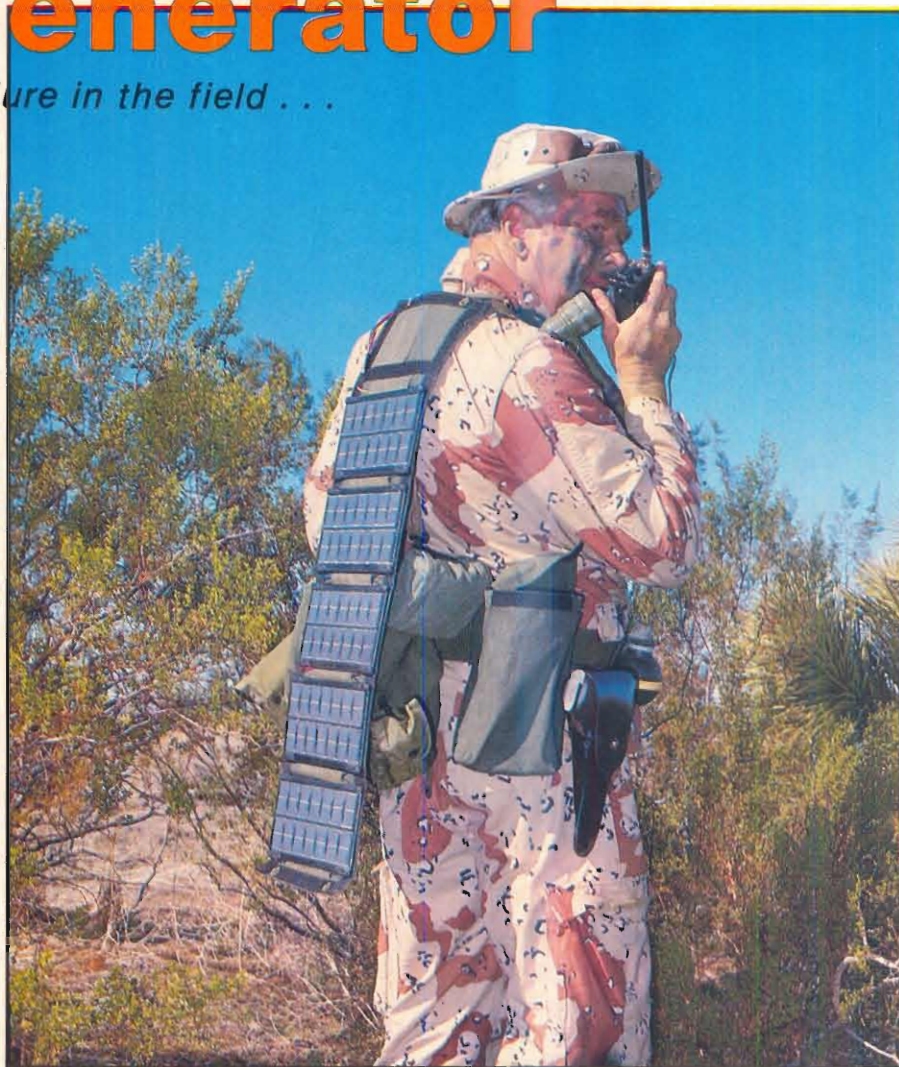
Our present group is composed of almost all ex-military. We have become good friends. We are serious about what we are doing. We are not "trigger-happy nuts out terrorizing the populace," as survivalists are sometimes depicted by the uninformed. Most of all, we respect human life, liberty, and freedom of choice.

On a recent training exercise in the high desert of southern California, my team failed in its mission of long-range shooting—sniping. A member of my team was spotting for me on a low hill about 600 meters west of my position. We were looking for the enemy camp when we came under attack by one of their snipers.

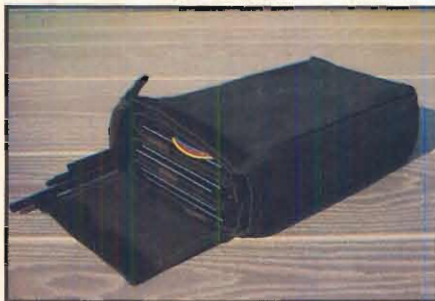
"Johnny, where is he?" I asked of the spotter through my radio. "Amigo," he answered, "he's onssck dred metersss-crackle frsscklss just to yossscklss see hisssss . . ." Then silence. That was it. The radio battery was dead. Great! Just great! I was "killed" by the enemy countersniper. My partner was "captured" and "tortured" into revealing the location of our main camp, which was subsequently "attacked" and "wiped out." If it had been the real thing, well . . .

I learned a lesson. I found an answer to battery failure in the field. We have purchased four units of a device cryptically called "M85." This is a folding solar electric generator. It's constructed of silicon cells and configured in a military manner. The case is olive drab canvas, quite strong and durable. The unit will charge either 12- or 24-volt batteries, producing 10.8 watts of power. Provided with each unit are support rods so it can be deployed even while hiking or crawling.

The folding concept makes it an ideal source of electricity in remote areas. Backpackers, campers, outdoorsmen and survivalists will find the unit particularly useful to power communications equip-



The unit can be utilized even while hiking.



The M85 with support rods fits compactly in its case.



Here the M85 solar generator is ready for deployment.

ment or small DC appliances. Four color-coded wires permit easy switching from one voltage to another, and battery connection can be made quickly.

The M85's charge maintenance capability can eliminate the need to carry additional batteries or cumbersome means of battery charging. Its size, folded, is 9½ by 5 by 2¾ inches. Deployed, it measures

33½ by 9 by ¼ inches. Weight is less than three pounds.

The M85 can be purchased from William Lamb Company, Dept. ASG, 10615 Chandler Blvd., North Hollywood, CA 91601. Telephone number is (818) 980-6248. These units have sold for \$590 each, but at this writing William Lamb Company is selling two for \$390 each. ●



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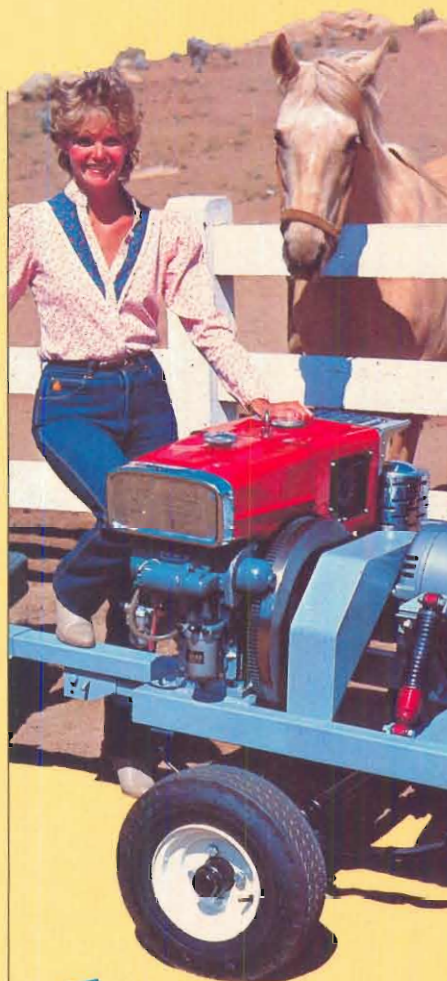
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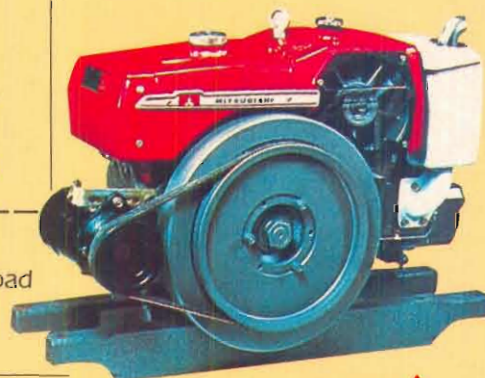
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